PATH FINDER: Celebrate National Trail Day with a great local hike | **Inside**

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Tuesday

KEVIN CLARK/TWP

Visitors rub a name at the Vietnam Memorial.

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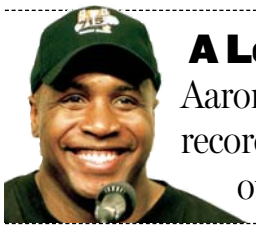

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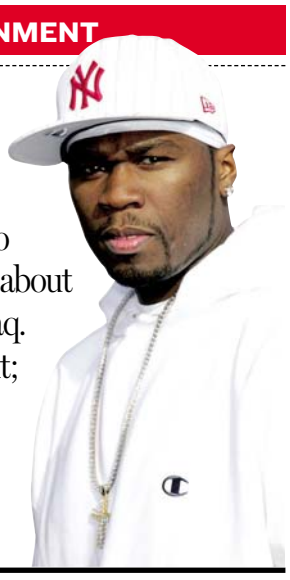

Change Is Good: *50 Cent* puts aside music to star in a film about the war in Iraq. Also, Art Brut; 'Footballers Wive$.'

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Weather >> Partly Sunny

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FULL FORECAST ON PAGE 30

Two in CBS Crew Die in Iraq

U.S. soldier killed, correspondent injured as violence surges

BAGHDAD, IRAQ | Two CBS News crew members and an American soldier were killed Monday during a wave of car bombings and shootings in Iraq that also killed at least three dozen other people. Network correspondent Kimberly Dozier was seriously wounded and underwent emergency surgery.

At least eight bombings rocked the capital in the worst wave of violence in days. A car bomb exploded as a U.S. convoy patrolled in central Baghdad, killing veteran CBS cameraman Paul Douglas, 48; soundman James Brolan, 42; and an American soldier, U.S. officials said.

Dozier, 39, an American, was in critical condition at a U.S. military hospital in Baghdad, said Kelli Edwards, a CBS News spokeswoman. By early Tuesday, Dozier was undergoing her second surgery for injuries from the bombing, Edwards said. On Monday, doctors had said they were cautiously optimistic about her prognosis.

The CBS crew was on patrol with the 4th Brigade Combat Team, 4th Infantry Division, when the bomb exploded. The U.S. military said an Iraqi interpreter also was killed and six American soldiers were injured.

Dozens of journalists have been injured, killed or kidnapped in Iraq since the 2003 U.S.-led invasion that toppled Saddam Hussein. Before Monday's attack killed the two Britons, the Committee to Protect Journalists had put the number killed at 69. Of those, nearly three-quarters were Iraqis, the New York-based group has said. PATRICK QUINN (AP)

U.S. Convoy Crash Triggers Riot in Kabul

SHAH MARAI/AFP/GETTY IMAGES

FURY: Demonstrators throw stones at a coalition vehicle in Kabul, Afghanistan, on Tuesday after a U.S. military truck crashed into traffic. The accident ignited the worst rioting since the fall of the Taliban, leaving at least eight people dead. ✣ **'Death to America':** Accident fuels anti-U.S. sentiment | **Page 6**

ANNOYANCES | **Chopper Stopper** Annoyed with a sheriff's helicopter flying over her house Thursday, Marjorie Thompson of Orlando ran outside with a bottle rocket launcher and started shooting rockets at the aircraft, authorities said. The helicopter was searching for a suspect in a car theft, police said. Authorities said they caught Thompson in the act of launching the second bottle rocket. The helicopter's pilot said the craft's flight pattern was never in jeopardy. (AP) **EyeOpeners** | **Page 2**

eyeOpeners

CAFFEINE

Cola-Sharing Ring Targeted Next

A Lower Burrell, Pa., middle school student was suspended for three days for sharing chewing gum because it contained caffeine, school officials said. The girl gave another Huston Middle School student Jolt gum. The gum is "a stimulant that has no other redeeming quality," said Amy Palermo, schools superintendent. Products acting as a stimulant are prohibited and possessing them is grounds for disciplinary action, and the suspension was mainly based on the girl's decision to share the gum, she said. "What if the gum had been given to a student with a heart condition?" Palermo said Thursday. (AP)

MAKING DO

Something's Afoot

An armless man stopped for speeding in Wellington was driving with one foot on the steering wheel and another on the pedals, a policeman testified in court. The police officer who stopped Colin Smith, who was born without arms and has never held a driver's license, said the driver's seat was reclined and the armless man appeared to be using one foot to steer the car and the other to work the accelerator and brake. He appeared in court Thursday charged with driving in a manner likely to be dangerous to the public; Smith told the court he had been driving for years, using his feet to steer. (AP)

PETER MACDIARMID/GETTY IMAGES

PURSUIT

Cheese Falls

It ain't easy, being cheesy — especially not when you suffer compound bone fractures. Competitors take part in a round of cheese rolling on Coopers Hill on Monday in Gloucester, England. In the annual tradition, which is thought to date back to Roman times, people race 200 yards down a near-vertical slope in pursuit of a seven-pound Double Gloucester cheese. Injuries are commonplace, even forcing the cancelation of the event in the past. (EXPRESS)

MAGAZINES

Gimme Your Money Or Else I'll Just Wait

Police in Round Rock, Texas, arrested a man on Thursday who allegedly walked into a bank, demanded money from a teller and then sat down and read a magazine. After the teller gave Paul Wendell Gunn the money, he sat down on a couch inside the bank and started reading while everyone else evacuated, police said. Authorities closed off the area around the bank, which is only a half-block from the police station, until Gunn surrendered. He gave himself up about an hour after he went to the bank, officials said. (AP)

ACADEMY ON HUMAN RIGHTS AND HUMANITARIAN LAW PRESENTS

HUMAN RIGHTS MONTH

Wednesday, May 31st
12:30 - 2:00 p.m.
Human Rights, Development, and Social Responsibility
Invited Panelists Include: Philip Alston, Andrew Kuper, Simonetta Nardin, and Daniel Bradlow (moderator)

Thursday, June 1st
1:00 - 2:00 p.m.
Special Presentation by Philippe Kirsch, President of the International Criminal Court, with an introduction by Claudio Grossman, Dean of American University Washington College of Law

Monday, June 5th
12:30 - 2:00 p.m.
Women's Reproductive Rights and International Law: Using International Litigation and Advocacy to Impact Domestic Policy
Invited Panelists Include: Luisa Cabal, Rebecca Cook, Monica Roa, Leo Zwaak, and Claudia Martin (moderator)

Tuesday, June 6th
12:30 - 2:00 p.m.
The New UN Human Rights Council: Unresolved Issues and Challenges Ahead
Invited Panelists Include: Gudmundur Alfredsson, Federico Andreu Guzmán, Mark Lagon, Scott Lyons, Fernando Mariño Menéndez, and Diane Orentlicher (moderator)

Monday, June 12th
12:30 - 2:00 p.m.
Discussing Torture: A Conversation About Current Issues
Invited Panelists Include: Reed Brody, Manfred Nowak, Elisa Massimino, Joseph Zogby, and Rick Wilson (moderator)

Thursday, June 15th
12:30 - 2:00 p.m.
Current Publications on Human Rights
Meet with Academy faculty as they discuss their recent publications in an informal setting

All events take place in Room 603 of American University Washington College of Law.

For more information please contact:
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OCEANS OF LOTION: Another reason to worry about global warming: more and itchier poison ivy. The noxious vine grows faster and bigger as carbon dioxide levels in the atmosphere rise, researchers reported Monday.

Nation

In Brief

RICHMOND, VA.

Retirement Home Blaze Kills 2, Leaves 11 Injured

Fire broke out at a retirement home complex early Monday, killing two women and injuring 11 other residents, fire officials said. Several of those taken to hospitals suffered life-threatening injuries, Richmond Fire Marshal Keith Vida said. One man was in critical condition as of mid-afternoon. Authorities said they hadn't determined the fire's cause. All of the more than 200 residents of the building were evacuated. (AP)

CORONA, CALIF.

Ex-Police Officer Arrested In Sex Assault Investigation

A former law enforcement official was arrested after allegedly posing as a police officer and abducting and sexually assaulting a teenager in Nevada, police said Sunday. Police said, Shawn Shelton, 39, flashed his old police badge at a 14-year-old boy at a Las Vegas bus stop last week and ordered the victim into his sport utility vehicle. The suspect then allegedly drove to a nearby parking lot, handcuffed the boy and sexually assaulted him. The boy was released two hours later and contacted authorities. (AP)

The Undefinable Clinton

→ For all of Hillary Clinton's fame and worldwide recognition, there are still missing pieces of the puzzle, writes Dan Balz.| A1

IN The Washington Post

Bush Honors War Dead at Arlington

President marks day with call for vigilance in war against terror

ARLINGTON, VA. | President Bush, delivering a Memorial Day message surrounded by the graves of thousands of military dead, said Monday that the United States must continue fighting the war on terror in the name of those who have already given their life in the cause.

"The best way to pay respect is to value why a sacrifice was made," Bush said, quoting from a letter that Lt. Mark Dooley wrote to his parents before being killed last September in the Iraqi city of Ramadi.

Noting that some 270 men and women of the nearly 2,500 who have fallen since the terror attacks of Sept. 11, 2001, are buried at Arlington National Cemetery, Bush said, "We have seen the costs in the war on terror that we fight today."

The nation can best honor the dead by "defeating the terrorists. ... and by laying the foundation for a generation of peace," Bush said.

At the White House, Bush signed the Respect for America's Fallen Heroes Act," passed by Congress largely in response to the activities of a Kansas church group that has staged protests at military funerals around the country, claiming the deaths symbolized God's anger at U.S. tolerance of homosexuals.

NEDRA PICKLER (AP)

C.D. MCGONICAL/AP

FAREWELL: Dave Rowe honors his son while comforting his daughter-in-law, Rebecca Rowe, in Bushnell, Fla., on Monday.

Ex-POW Gets Note From Iraqi Captor

MYRTLE BEACH, S.C. | A retired Air Force officer held as a prisoner of war by Iraqi forces 15 years ago has received an unusual reminder of his days in captivity: a letter from his Iraqi interrogator.

Jeff Fox, a retired lieutenant colonel, said he was surprised when a single-page, handwritten note arrived this month from Ibrahim Abd Al-tialb. In the letter, the former Iraqi army colonel recalled the day the men crossed paths at a prison near Baghdad and said he still has a few items Fox gave him.

The letter included a phone number for Abd Al-tialb, but Fox said he doesn't plan to contact him. But, he said, "if he wants to call me, that's fine." (AP)

Skydiving Crash Kills 1, Injures 1

BARDSTOWN, KY. | Two skydivers collided about 200 feet above the ground and their parachutes deflated, causing the divers to plummet, authorities said. One later died.

John Kevin Benningfield, 33, was pronounced dead at Flaget Memorial Hospital.

The other skydiver, Chris Snellen, was flown by helicopter to University Hospital in Louisville, where he was in fair condition on Monday.

The collision happened at sunset Saturday.

Because the skydivers were so close to the ground, there was no time for the parachutes to reinflate and bring the men down safely. Snellen's fall was braced by a tree. (AP)

Allergies?

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Nation

MARIO TAMA/GETTY IMAGES

TRIBUTE: Ninth Ward residents pray against the rebuilt levee wall to honor the victims of Hurricane Katrina during a Memorial Day service on Monday in New Orleans.

Memorials Honor Victims of Katrina

New Orleans residents remember the dead in two canal ceremonies

NEW ORLEANS | Singing "We shall overcome," sorrowful residents and religious leaders accompanied by an old New Orleans brass band walked up a repaired levee and put their hands on a new flood wall Monday in a Memorial Day remembrance for victims of Hurricane Katrina.

Some participants at the ceremony in the city's Lower Ninth Ward carried American flags as organizers also called on the crowd to remember fallen U.S. soldiers.

Noting all the state's residents who have fought for America, organizers said they now need Americans to fight for southern Louisiana and help restore the region's levees and wetlands for protection against future hurricanes.

A second ceremony, in the opposite end of the city at the site of a breach in the 17th Street Canal, drew a crowd of about 100 mostly middle-class residents of the area. The memorial in the devastated Lower Ninth Ward drew about 150 people, few of whom have the means to rebuild without help.

Ministers praised residents' resilience and dedication to their devastated neighborhoods, and urged them to set aside questions of blame and focus instead on how they might help each other.

"If we can find it in our hearts to say, 'Hey, y'all, how ya doin', how's your mama 'n them,' then we've caught the vision," said the Rev. Oliver P. Duvernay, drawing smiles and light laughter from the crowd in the Ninth Ward. BRETT MARTEL (AP)

Reid Defends Free Tickets to Boxing

WASHINGTON | Senate Democratic Leader Harry Reid accepted free tickets from the Nevada Athletic Commission to three professional boxing matches while the state agency was trying to influence him on federal regulation of boxing.

He defended the gifts, saying they would never influence his position on the bill and was trying to learn how legislation might affect the me state industry. "Anyone from Nevada would say I'm glad he is there taking care of the state's No. 1 businesses," he said. (AP)

Reid

800 | **The amount, in thousands of dollars,** a Catholic priest in New York pleaded guilty to looting from his parish to finance a lavish lifestyle of vacations and designer clothes.

Nation

Gitmo Protest Grows to 75

Hunger strike spreads among detainees held at U.S. prison camp

GUANTANAMO BAY, CUBA | The number of Guantanamo Bay detainees participating in a hunger strike has ballooned from three to around 75, the U.S. military said Monday, revealing growing defiance among prisoners held for up to 4½ years with no end in sight.

Navy Cmdr. Robert Durand called the hunger strike at the U.S. naval base in southeastern Cuba an "attention-getting" tactic to step up pressure for the inmates' release and said it might be related to a May 18 clash between detainees and guards that injured six prisoners.

"The hunger strike technique is consistent with al Qaeda practice and reflects detainee attempts to elicit media attention to bring international pressure on the United States to release them back to the battlefield," Durand said.

The United States now holds about 460 people at Guantanamo on suspicion of links to al Qaeda or the Taliban. But human rights groups say innocent people have been sent to the jail.

Defense lawyers said the hunger strike, which began last year, reflects increasing frustration among men who have little contact with the world outside the remote prison.

"All these men want is a chance to have a trial," said Zachary Katznelson, an attorney for Reprieve, a British human rights group that represents 36 Guantanamo detainees. "If they are guilty, punish them. If not, then send them home."

Durand said the strike could be related to the clash earlier this month in which a detainee pretended to commit suicide to lure guards into a cellblock, where they were attacked by prisoners.

Earlier that day, two detainees overdosed on antidepressant drugs they collected from other detainees and hoarded in their cells. BEN FOX (AP)

MASSACHUSETTS | ESCAPING THE HEAT

MICHAEL DWYER/AP

BEACH RETREAT: A pier offers a chance at shade for crowds flocking to the beach in Salisbury, Mass., on Monday. Temperatures in the Boston area reached into the 80s on Memorial Day, the unofficial start of summer.

Study: Estrogen May Spur Lung Cancer Tumors

WASHINGTON | Lung cancer acts differently in women than in men, and major new studies are exploring if estrogen is a key reason.

Lung cancer is increasingly a women's problem. It will claim more than 162,000 lives this year 72,000 of them women.

Research suggests estrogen may act as a fuel for lung tumors, and that blocking estrogen with the same drugs that breast cancer patients use might also work in the lungs. Studies are testing whether women fare better when given the anti-estrogen drugs. (AP)

Pace: Wait for Probe of Iraq Deaths

General vows thorough investigation of troops' alleged civilian killings

WASHINGTON | The chairman of the military's Joint Chiefs of Staff said Monday "it would be premature for me to judge" the outcome of a Pentagon investigation into the killing of as many as a dozen Iraqi civilians by Marines.

Marine Gen. Peter Pace pledged that "we'll get to the bottom of the investigation and take the appropriate action."

Pace

Pace's interview came a day after Rep. John Murtha, a decorated Marine war veteran and prominent critic of Iraq policy, said the incident could undermine U.S. efforts there more than the Abu Ghraib prison scandal did.

Murtha, D-Pa., also charged that the shootings last November at Haditha, a city in the Anbar province of western Iraq that has been plagued by insurgents, were covered up.

A bomb rocked a military convoy on Nov. 19, killing a Marine. Marines then shot and killed unarmed civilians at the scene and went into two homes and shot others, according to Murtha. DOUGLASS K. DANIEL (AP)

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World

MAKING DO: Sanctions against the Hamas government have created a hairy problem for many Palestinians: They can no longer afford to go to the barber. Hair salons in Hebron delivered a bit of relief on Monday: They offered free haircuts to any government worker.

In Brief

BAGHDAD, IRAQ

Judge in Saddam Trial Ejects Suspect Spectator

The judge in Saddam Hussein's trial ejected a spectator from the courtroom Monday after lawyers accused the man of belonging to a Shiite militia and threatening the defense team. Eight more witnesses took the stand Monday, insisting that Saddam was not seeking revenge against Shiites when he launched a sweep of arrests after a 1982 assassination attempt in Dujail and that 148 people sentenced to death got a fair trial. (AP)

ARTURO RODRIGUEZ/AP

A group of African migrants arrives on the Spanish Canary Island of Tenerife.

MADRID, SPAIN

Europeans Pledge Help on African Immigration Crisis

European countries far removed from Spain's immigration crisis in the Canary Islands pledged Monday to send planes and patrol boats to help stem the flood of destitute Africans seeking a better life, officials said. Some 400 more migrants arrived at the islands by boat over the weekend. Authorities have intercepted more than 6,000 migrants since January. (AP)

LONDON

College Teachers' Union To Consider Israeli Boycott

Britain's largest college teachers' union voted Monday to consider boycotting Israeli academics over what members termed "apartheid" policies and discrimination against Palestinians. The National Association of Teachers in Further and Higher Education passed the motion at its annual conference in Blackpool. Ronnie Fraser, director of the Academic Friends of Israel, said his group would fight the proposal, which he called "racist." (AP)

Kabul Crash Sparks Anti-U.S. Riots

U.S. convoy accident sets off deadly protests aimed at foreigners

KABUL, AFGHANISTAN | Violent anti-foreigner protests raged across the capital Monday after a U.S. military truck crashed into traffic, touching off the worst rioting since the Taliban's ouster. At least eight people died and 107 were injured before Kabul's streets calmed.

Chanting "Death to America," rioters stoned the U.S. convoy involved in the accident then headed to the center of town, ransacking offices of international aid groups and searching for foreigners in a display of rising resentment over civilian deaths in the war against insurgents.

Gunfire, at times intense, rang out across Kabul as hundreds of young men looted shops and set fire to police cars and station houses. Some people said U.S. and Afghan troops fired on the crowds. Officials said they couldn't say whether that happened.

The U.S.-backed Afghan government decreed a nighttime curfew and the city quieted before sunset. Yousuf Stanezai, an Interior Ministry spokesman, warned that anyone found outside between 10 p.m and 4 a.m. would suffer "serious measures." President Hamid Karzai went on television Monday night to decry the outburst, branding the rioters as troublemakers who should be resisted.

Patience with the 23,000 U.S. soldiers and other foreign troops in Afghanistan is fraying over recent deaths of civilians, including at least 16 people killed by an airstrike targeting Taliban fighters in a village last week.

The civilian deaths have come during some of the fiercest fighting since a U.S.-led coalition drove out the Taliban regime in 2001.

Much of the bloodshed is in the south, where officials said a battle Monday killed six militants and wounded five Canadian soldiers. Elsewhere, warplanes of the U.S.-led coalition bombed a suspected Taliban meeting late Sunday and dozens of militants were reported killed, Afghan officials said. (AP)

ZABI TAMANNA/XINHUA/AP

TIPPING POINT: Afghan protesters carry a man injured during a clash with police during a surge of violence in Kabul Monday.

Authorities Foil European Child Trafficking Ring

ROME | Authorities across Europe arrested 41 Bulgarians on Monday after Italian police uncovered a network that exploited hundreds of children sold by impoverished families in the eastern European country, officials said.

The arrests occurred in northern Italy, Bulgaria, Germany and Austria, and an additional 75 people were placed under investigation, police in Trieste said.

Investigators believe the network forced children as young as 9 to commit petty thefts, threatening and beating them if they did not take to the streets and meet their daily quota, the Carabinieri said. (AP)

Victorious Uribe Faces Tough Tasks

Colombian president's win at polls tempers tide of leftist triumphs

BOGOTA, COLOMBIA | Strengthened by his landslide re-election, conservative Colombian President Alvaro Uribe on Monday prayed for good fortune in his second term and peace for this violence-racked nation.

"I have a huge responsibility to serve the fatherland," Uribe told supporters outside the Santa Teresita church in his hometown of Medellin.

Foremost among his tasks will be fulfilling a pledge to end the threat from leftist guerrillas and drug traffickers, while dispelling concerns he may abuse his powerful new mandate.

LUIS BENAVIDES/AP

Colombia's President Alvaro Uribe greet supporters in Medellin Monday.

In Colombia's least violent election in more than a decade, Washington's staunchest ally in Latin America won a second term with 62 percent of the votes on Sunday — 40 points more than his closest rival, Sen. Carlos Gaviria, of the leftist Alternative Democratic Pole party.

The win by Uribe, 53, also ends a series of election triumphs by leftist candidates in South America, which now has left-leaning governments in Venezuela, Bolivia, Brazil, Chile, Argentina and Uruguay.

Critics say the president has showed a disinterest in social programs in a country with rampant poverty and fear his re-election will exacerbate his alleged autocratic tendencies.

The leftist Gaviria received 22 percent of the votes, with more than 99 percent of the ballots counted. Gaviria's showing was still a record for the left in this decidedly conservative country. TOBY MUSE (AP)

GAME PLAN: China will ban smoking on public transport and in all indoor workplaces as part of plans for a tobacco-free 2008 Beijing Olympics, the Health Ministry said Monday. China accounts for more than one-quarter of the world's 1.3 billion smokers.

Aid Slow to Reach Quake Survivors

Indonesia's death toll rises past 5,000 while 200,000 go homeless

JAMPRIP, INDONESIA | Homeless earthquake survivors living in rice fields and makeshift shacks begged for food and water under a blazing sun Monday as Indonesia's death toll rose to over 5,000.

Soldiers began delivering bags of rice to village chiefs in the mountainous quake zone on the island of Java, but survivors called the aid meager and slow. The United Nations planned a global appeal, saying relief money was running low.

"We have 300 families in this village and have only gotten two sacks of rice," said Lastri, 27, holding a 5-month-old. "It's not enough."

Indonesia's Social Affairs Ministry raised the death toll to 5,137, saying some 800 bodies that were buried in mass graves immediately after the quake had just been counted.

DAVID LONGSTREATH/AP

DISASTER AREA: A boy eats near the ruins of his home in Bantul, Indonesia, on Monday. Rough roads and a damaged airport runway have hampered relief efforts.

Thousands of people lined main roads in the area of Saturday's 6.3-magnitude quake, holding out whatever containers they could find to hold donations.

A plane chartered by the U.N. children's agency touched down near the disaster area, and the United States, which pledged $2.5 million, said 100 military doctors and nurses were en route with surgical, dental and other equipment.

But rough roads in mountainous central Java and new cracks in the runway at the region's main airport hampered delivery efforts.

The government said an estimated 200,000 people were homeless, most living in improvised shacks close to their former homes. Hospitals overflowed with bloodied survivors. Power was still out in much of the quake region.

Compounding the devastation were fears of an eruption of nearby Mount Merapi, which has been belching gas and lava for weeks, and a scientist said its volcanic activity had increased since the quake.

President Susilo Bambang Yudhoyono visited refugees Monday and acknowledged a "lack of coordination" in aid distribution. He urged government officials to be "more agile." IRWAN FIRDAUS (AP)

Seismic shift: View photos of the aftermath of the Indonesian quake | washingtonpost.com/cameraworks

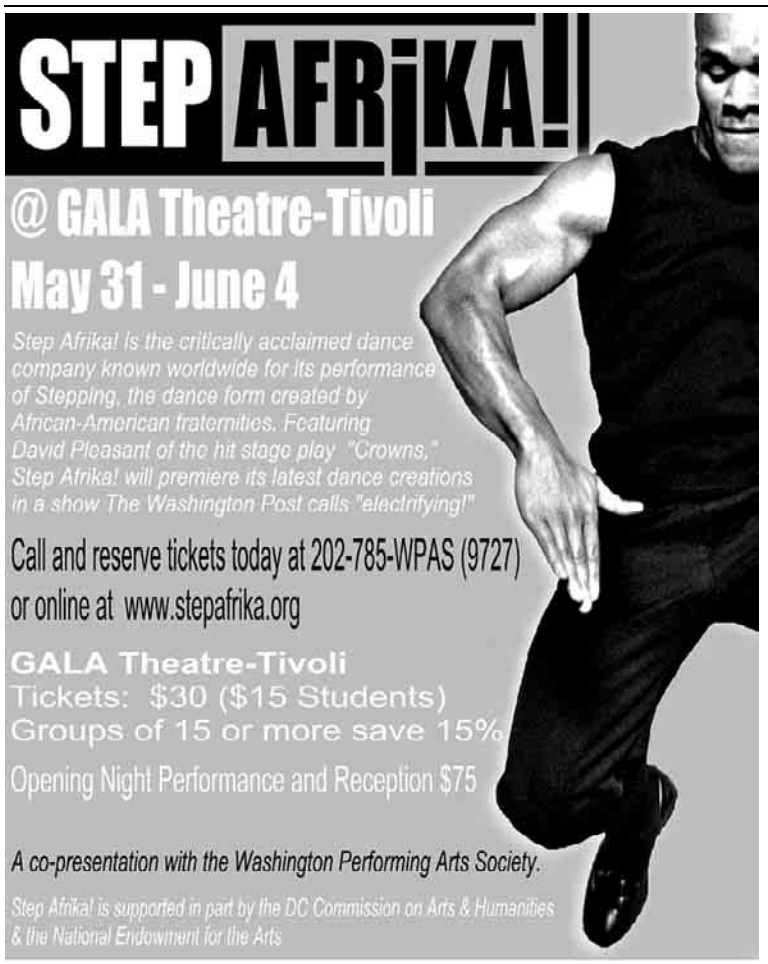
Deal Said to Be Close on Iranian Nuclear Package

VIENNA, AUSTRIA | Top U.S., Russian, Chinese and European officials plan to sign off this week on a package of incentives and penalties meant to reward Iran if it gives up uranium enrichment — and punish it if it doesn't, diplomats said Monday.

Agreement by the five permanent members of the U.N. Security Council plus Germany could open the way for sanctions if Tehran remains defiant and refuses to abandon technology that can be used to make the fissile core of nuclear warheads.

The meeting of foreign ministers including Secretary of State Condoleezza Rice was set for Thursday in Vienna, said the diplomats, who spoke on condition of anonymity.

International concern about Iran's nuclear aims has been focused on fears it could be trying to make a fission-type nuclear weapon by enriching uranium to weapons-grade level. (AP)



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World

WILLIAM WEST/AFP/GETTY IMAGES

FORCED OUT: Children wait to receive food at a camp set up in Dili, East Timor, to house Timorese people fleeing a recent surge of violence in the country's capital.

Foreign Troops Patrol East Timor

Dozens die in weekend gang attacks linked to disgruntled ex-soldiers

DILI, EAST TIMOR | Foreign peacekeepers handcuffed machete-wielding arsonists Monday in a show of force aimed at quelling violence in East Timor's capital.

Mobs continued burning houses and anti-government protesters called for the prime minister's resignation as heavily armed Australian troops patrolled the city.

Sporadic clashes that erupted last week between the army and dismissed soldiers in the seaside city of Dili has escalated into gang attacks, looting and burning by ordinary people frustrated by poverty and unemployment.

At least 27 people have been killed and more than 100 wounded.

Political leaders including President Xanana Gusmao held urgent meetings to find a way out of the country's worst crisis since its bloody break from Indonesia seven years ago.

Many demonstrators want Gusmao to dissolve parliament and Prime Minister Mari Alkatiri to step down. Alkatiri has been blamed for failing to stop the unrest, which was triggered by the March firing of 600 disgruntled soldiers from the 1,400-member army.

Arson continued Monday, though there was less chaos than over the weekend, when gangs rampaged through the city. Terrified residents took advantage of the lull in violence to stream out of Dili into makeshift camps. Over a fifth of the entire population, or more than 50,000 people, already has left, the U.N. estimates. (AP)

Congo Deports Coup Suspects

KINSHASA, CONGO | Congo is deporting nearly three dozen foreigners it charged with planning a coup before national elections, saying it would have taken too long to prosecute them.

Congo officials had said the men were security guards who were found with weapons and were planning to overthrow the government.

The group, arrested about a week ago, consisted of three Americans, 10 Nigerians and 19 South Africans, according to Congo authorities. (AP)

75 | **The number, in thousands of dollars,** that Howard MacCord of the Archaeology Society of Virginia says it will take to excavate a Saponi village in Moneta, Va. The site is under water at the bottom of the Smith Mountain Dam.

Local

Deliberations Near for Sniper Jury

Muhammad sticks to his conspiracy defense but offers little proof

ROCKVILLE, MD. | A Maryland jury was expected to begin deliberations Tuesday in John Allen Muhammad's second sniper trial, after jurors saw four weeks of evidence against him and heard Muhammad's claims that he was framed.

In closing statements Friday, prosecutors said Muhammad carefully planned and carried out the October 2002 shootings with accomplice Lee Boyd Malvo. And they pointed to Malvo's testimony last week, in which he implicated his former mentor in the shootings.

But in his own closing that lasted more than three hours, Muhammad claimed government agencies collaborated to pin the crime on him and Malvo.

"My case is based on one thing. It is very simple. They lied on two innocent men," he said Friday.

As jurors deliberate, Muhammad's conspiracy theory — for which he offered little proof and no motive — will be matched against the four weeks of testimony and evidence presented by prosecutors.

Eyewitnesses reported seeing him and his Chevrolet Caprice near shootings scenes. Forensic experts said his DNA was on evidence that included parts of the Bushmaster rifle found in the Caprice when he and Malvo were arrested. Ballistics experts matched the .223-caliber bullets used in the murders to the Bushmaster.

The jury of seven women and five men will also likely be swayed by their impression of Muhammad, who defended himself. He came to Maryland from Virginia's death row, already labeled the Washington sniper by a Virginia jury that heard most of the same evidence in 2003.

Muhammad showed he has learned a lot about lawyering — he seemed comfortable with courtroom procedure, using terms such as "court's indulgence" when he wanted more time to prepare his thoughts. STEPHEN MANNING (AP)

Police Probing Possible Crime Link at the Mall

WASHINGTON | Authorities were trying to determine Monday whether there was a connection between three armed robberies and physical attacks that occurred within about 48 hours on the National Mall.

A man and a girl were held up at gunpoint about 12:10 a.m. Sunday, near 12th Street, and the girl was sexually assaulted, U.S. Park Police said.

The earlier attacks occurred late Thursday. One of those also occurred near 12th Street, which is near the Smithsonian's National Museum of Natural History; the other was near Ninth Street and the National Archives.

"I don't really remember the last time we had an armed robbery on the Mall," said Park Police spokesman Sgt. Scott Fear, who added that patrols on the Mall were being increased "more and more." (AP)

Dueling Protests at Arlington Tribute

Supporters of troops, anti-gay church group face off at memorial

ARLINGTON, VA. | As throngs came to the hallowed grounds of Arlington National Cemetery to honor the fallen on Memorial Day, a handful of protesters from an anti-gay group stood across a four-lane highway from a conservative group supporting the troops.

The two groups, separated by a line of police cars, were faced off about 300 feet from the entrance to the cemetery. They held signs making competing arguments. But because of noise from approaching motorcycles and cars, they could not hear one another.

A small group of members of the Westboro Baptist Church of Topeka, Kan., who have been demonstrating around the country at military funerals, sang "God hates America" to the tune of "God Bless America" and held signs that read "God is America's terror," "Thank God for dead soldiers," "You're going to Hell" and "Bush killed them."

Across the street, a handful of people from the conservative group FreeRepublic held a sign saying, "God bless our troops, defenders of freedom, American heroes." (AP)

HARAZN. GHANBARI/AP

John Keck of Washington yells at a group of protestors from the Westboro Baptist Church at Arlington National Cemetery, where President Bush made a speech.

Gunmen at Large for Carjackings

SILVER SPRING, MD. | More than a dozen motorists were injured after a group of men with semiautomatic weapons carjacked three vehicles in Prince George's County, crashing into other vehicles as they fled.

The six gunmen appeared to be targeting people who were riding off-road vehicles in an area of land and trails southwest of Laurel.

"We are dealing with very, very violent people ... doing this in broad daylight, during a very busy holiday weekend," police spokeswoman Cpl. Diane Richardson said. (AP)

Metro's Bright Idea

➜ Metro plans to announce today new steps to brighten its stations, including replacing burned-out bulbs within 10 days, instead of three months. | **Metro section**

IN The Washington Post

The Lotteries

Monday, May 29

DISTRICT	
Mid-day Lucky Numbers	7-5-2
Evening Lucky Numbers	0-5-5
Mid-day DC 4	8-5-4-1
Evening DC 4	3-2-6-0
Rolling Cash Five	26-23-25-1-27
Daily 6	36-21-17-28-39-25 (30)

MARYLAND	
Mid-day Pick 3	3-6-7
Evening Pick 3	7-2-0
Mid-day Pick 4	7-3-8-9
Evening Pick 4	3-4-7-9
Match 5	2-3-13-19-21 (27)

VIRGINIA	
Mid-day Pick 3	5-6-6
Mid-day Pick 4	3-6-9-6
Mid-day Cash 5	7-9-15-16-29

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Entertainment

X MARKS THE TOP: It took a whole lot of mutants to unseat Jesus' purported family this weekend as "X-Men: The Last Stand" stomped last week's big opener, "The Da Vinci Code." Audiences find even Wolverine's hair preferable to Tom Hanks'.

AMY SINISTERRA (AP)

MODESTY WILL GET YOU NOWHERE: 50, right, maintains that people who see him in "Brave" will say, "Wow, he's talented."

Welcome 'Home'

Stars join 50 Cent in exploring soldiers' post-war challenges

GOT JUICE? | Hollywood isn't waiting for the Iraq war to end before making movies about the conflict.

"Home of the Brave," an independent film that just wrapped up primary filming in Spokane, Wash., will be the first of several in the works to arrive. Starring Samuel L. Jackson, it focuses on the difficult transition from battlefield to homefront.

Jackson portrays a doctor facing an uneasy return, and Jessica Biel, Brian Presley and hip-hop star 50 Cent play soldiers who also face the challenges of coming home. Christina Ricci plays Presley's girlfriend.

While surviving shootings and stabbings in New York, as he did during his youth as a drug-dealing player, is not like trying to stay alive in Iraq, 50 Cent said he could empathize with what the soldiers go through. A trip to Iraq to perform for the soldiers only reinforced his feelings.

"They don't report back every casualty in a war ... and somebody dies every day. They don't report that back at home. You know what I mean, but that's the way it is," the rapper said.

The experience can be transforming, he added. "I believe that would change a person's spirit. I don't believe they come back exactly the same person, whether they actually killed, themselves, or they just was around killing while it was going on... I believe your spirit changes with that much death around you."

50 Cent (whose real name is Curtis James Jackson III) has sold millions of recordings flaunting his sordid past, with explicit lyrics and images of violence. He figures the persona he adopted as a street tough might help him pursue a film career.

"People who meet me, it's common that they say, 'Well, you aren't exactly what I expected you to be.' And I go, 'Well, sorry if I let you down, that I didn't shoot you.'"

Though his drug dealing is behind him, 50 Cent's hip-hop world is often filled with gunfire.

"One of the largest forms of entertainment is death," he said. "It's our fate, so we figure out really creative ways to put ourselves in life-threatening situations and, by the skin of our teeth, be able to get by." JOHN K. WILEY (AP)

Art Brut Evokes Greek Chorus

Witty rockers talk art, Mideast, impotence, on excellent debut LP

MUSIC | Former NRBQ guitarist Al Anderson once remarked, "Rock 'n' roll was better when it was dumb. But dumb in a good way." Big Al wasn't talking about Art Brut, but it's a perfect description of the off-kilter British band and its charming, eccentric full-length debut, "Bang Bang Rock & Roll" (Downtown).

Front man Eddie Argos doesn't sing so much as talk his way through a series of absurd declarations, including "popular culture no longer applies to me" and "modern art makes me want to rock out." Argos' bemused conversational tone and posh British accent invite empathy as he bemoans his bedroom performance on "Rusted Guns of Milan," and it sounds like no big thing when he announces on "Formed a Band" that Art Brut will write "the song/ That makes Israel and Palestine get along."

DOWNTOWN RECORDS

In addition to being the name of a band, 'Art Brut' is a synonym for outsider art.

The band frames his lyrical wanderings with raw, angular guitar riffs, propulsive bass lines and backing vocals that fall somewhere between melodic counterpoint and Greek chorus. "White light! White heat!" the band taunts when Argos describes his antipathy toward the Velvet Underground on the title track. It's all plenty dumb — 15 songs and 41 minutes' worth — but fun and oh-so catchy. ERIC R. DANTON (THE HARTFORD COURANT)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

Pearl Jam: Can't Find a Better Band

1 Once arguably the biggest band in the world, PJ famously retreated from the spotlight some 10 years ago, leaving their fans to wait for the day they'd make another accessible album fusing Beatle-esque pop, punky grunge and epic jams. That day's arrived.

Verizon Center, 601 F St. NW; with My Morning Jacket, 7:30 p.m., $54; 202-397-7328. (Chinatown)

JASON DECROW (AP)

Liberal lion Eddie Vedder's Pearl Jam is touring behind a self-titled new disc.

African Art: A First Look

2 Cartoon baron Walt Disney's company bought the massive art collection of real estate baron Paul Tishman and gave it to the Smithsonian for all to see. Some 24 extremely diverse pieces — including ivory sculptures from Benin, a 15th century hunting horn and Nigerian jewelry — are currently on dispay.

National Museum of African Art, 950 Independence Ave. SW; through Dec. 3, free; 202-633-4600. (Smithsonian)

Thompson D'earth Band: No Dearth of Originality

3 TDB is a Virginia-based jazz ensemble that employs fluegelhorn, piano, sax, guitar, bass, drums and Dawn Thompson's seductive, haunting soprano.

Blues Alley, 1073 Wisconsin Ave. NW; 8 p.m. & 10 p.m.; 202-337-4141.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment

Southern Accent

'Hannah Montana' star Miley Cyrus has a country pedigree

NEW FACES | Miley Cyrus isn't a country music star, but after a couple of months of playing one on TV she's starting to get a pretty good idea what it feels like.

For one thing, impromptu visits to your favorite Southern California shopping mall are out.

"People rushed into the store we were in and they had to shut the doors until everyone would go away. It was crazy," said Cyrus, who plays a country singer in the new Disney Channel show "Hannah Montana" (weekends at 7 p.m.).

Not that the 13-year-old isn't used to being around frenetic fans. She is, after all, the daughter of country music star Billy Ray "Achy Breaky Heart" Cyrus. But since her TV debut, the fans are starting to direct their attention more to her.

"Miley used to be known as Billy Ray Cyrus' daughter. Now I'm known as Miley Cyrus' father," her dad observed.

She plays 14-year-old country superstar Hannah Montana. With her brother and father-manager (the latter played by her real-life father), Hannah has taken up residence in Malibu with designs on attending school under her given name, Miley Stewart. There, she hopes to make friends and be just a regular kid.

This being television, all she has to do to pull off the ruse is don a wig.

As for father and daughter's make-believe roles, both say that wasn't much of a stretch either.

"It's just me, it's just who I am," the outgoing actress said of her character.

Not that playing opposite her real father doesn't sometimes present a challenge.

"You know how when you're a girl you don't always want your dad around? Sometimes it's like that," she said. Then she added, "But my dad's kind of cool when it comes to that. He's better than most dads."

JOHN ROGERS (AP)

DISNEY CHANNEL/AP

KEEPING IT IN THE FAMILY: Miley, left, appears with her former country-superstar dad, Billy Ray, on the Disney Channel show about a young country superstar.

Paul Gleason, 67, Dies

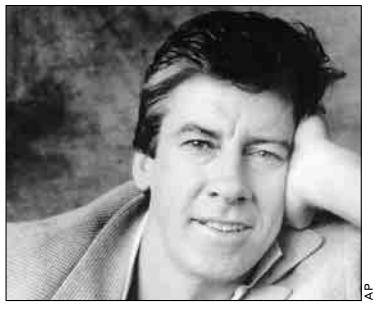
Actor best known for his 'Breakfast Club' role was also a poet

APPRECIATION | Paul Gleason, who played the go-to bad guy in "Trading Places" and the angry high school principal in "The Breakfast Club," has died. He was 67.

Gleason died at a local hospital Saturday of mesothelioma, a rare form of lung cancer linked to asbestos, said his wife, Susan Gleason.

Gleason appeared in over 60 movies that included "Die Hard," "Johnny Be Good," and "National Lampoon's Van Wilder." More recently, he made a handful of TV appearances in hit shows such as "Friends" and "Seinfeld."

Gleason's passions went beyond acting. He had recently published a book of poetry. (AP)



AP

Before becoming an actor, Gleason also played minor-league baseball.

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Entertainment

EDDIE? IT'S ME: David Lee Roth lost his radio gig; now the flamboyant rocker wants a reunion with Van Halen. Roth talked to Billboard, calling a comeback "an inevitability." Whether Eddie et al. are ready for "Diamond Dave" is another question.

Rich, Famous, Sinful

BBC series explores celebrity through wicked soccer wives

JUST FOR KICKS | "Footballers Wive$" do things that could make even the wives on Wisteria Lane blush.

While ABC's "Desperate Housewives" are in reruns for the summer, the series about bad behavior in the monied soccer world returns to BBC America (10 p.m., Sunday) for a nine-episode fourth season.

"It panders to the basic elements of any good drama, which are lust, greed, avarice, comeuppance, envy. All the sins. No sin knowingly undersold," executive producer Brian Park said, laughing.

"It's tapping into the way we all are, sadly, slightly consumed by celebrity," added Zoe Lucker, who plays Tanya Turner, the most amoral of the wicked wives of the fictional Earls Park Club soccer stars. "We love to watch people with lots of money, lots of success, lots of power, still not be happy."

Park says he's settled on "the perfect breeding ground for a tale of excess," noting that young athletes are suddenly propelled, often with wives or girlfriends, from obscurity into a "world of almost unimaginable wealth."

He also acknowledges a huge debt to glamorous prime-time soaps "Dallas" and "Dynasty" so popular in the 1980s.

SHED PRODUCTIONS

A PRIZE: Zoe Lucker, left, says that she couldn't pass up the chance to work with ex-"Dynasty" star Joan Collins, on the British drama "Footballers Wive$."

But this being on cable TV in 2006, the language on the series is blunt and the sex fairly explicit.

Onscreen sports action is minimal. Male cast members don't have to be able to kick a ball even two feet. "They just have to be capable of being naked in the shower," Park said.

The outrageous fashions and lifestyles of wives Tanya, Amber, Shannon, and Chardonnay (who died at the end of the second season) have created a popular phrase in Britain: "That's so 'Footballers Wive$'" is now commonly used to describe over-the-top clothing and behavior.

"People love the aesthetics of the show ... the costumes, the cars, the houses. It's so glossy and colorful," says Lucker.

She's also starred in another TV series produced by Park, "Bombshell," in which she plays an army captain. But then she went back to being the blond, scheming Tanya for season five.

"It was an offer I couldn't refuse," she said. BRIDGET BYRN (AP)

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SEE NO EVIL (R) - ID REQ'D DIG (1140 220 510) 810 1025
OVER THE HEDGE (PG) DIG (1150 1250 120 150 220 320 350 420 450) 620 650 720 850 920 950
THE DA VINCI CODE (PG-13) DIG (1115 1145 115 215 315 415 445 545) 630 700 730 800 830 915 1015
JUST MY LUCK (PG-13) DIG (1200)
POSEIDON (PG-13) DIG (110 410) 710 1010
MISSION IMPOSSIBLE 3 (PG-13) DIG (1210 310) 640 940
STICK IT (PG-13) DIG (1245)
RV (PG) DIG (1240 340) 635 910

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#
Free Theatre Parking- Monroe Street Garage
Weeknights after 6 PM- all day Saturday/Sunday
Adv. Tix on Sale CARS (G) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
X-MEN 3 (PG-13) DIG ★ (1230 1245 115 215 245 320 400 430 500 525) 645 715 745 815 845 930 1000 1030
OVER THE HEDGE (PG) (1205 210 415) 710 915
OVER THE HEDGE (PG) DIG (1235 105 250 310 455 520) 740 945
THE DA VINCI CODE (PG-13) DIG (1215 130 200 345 445 515) 700 730 755 830 1015
JUST MY LUCK (PG-13) DIG (1200)
POSEIDON (PG-13) DIG (1240 300 515) 735 955
MISSION IMPOSSIBLE 3 (PG-13) DIG (145 435) 720 1005

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
X-MEN 3 (PG-13) DIG ★ (1100 1130 1200 1230 1250 115 145 215 245 315 340 400 430 500 530) 600 620 645 715 745 815 845 910 930 1000 1030
KEEPING UP WITH THE STEINS (PG-13) DIG (1110 135 415) 725 1010
SEE NO EVIL (R) - ID REQ'D (1245 300 520) 735 950
AKEELAH AND THE BEE (PG) DIG (1105 150 445) 730
THANK YOU FOR SMOKING (R) - ID REQ'D (110 350) 700 940
UNITED 93 (R) - ID REQ'D DIG 1015

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale CARS (G) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
X-MEN 3 (PG-13) DIG ★ (1200 1220 1245 115 215 245 320 400 430 500 525) 645 715 745 815 845 930 1000 1030
THE DA VINCI CODE (PG-13) DIG (1215 1245 315 345 415 445) 645 715 745 815 845 1015
OVER THE HEDGE (PG) DIG (1200 1230 100 235 300 330 500 530) 640 740 930 1015
POSEIDON (PG-13) DIG (100 400) 720 1020
MISSION IMPOSSIBLE 3 (PG-13) DIG (1240 350) 700 1010
RV (PG) DIG (115)

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale CARS (G) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
X-MEN 3 (PG-13) DIG ★ (1200 1220 1245 215 245 320 400 500 525) 645 715 745 815 930 1000
OVER THE HEDGE (PG) DIG (1245 115 145 345 415 445) 630 700 730 900 930 1000
THE DA VINCI CODE (PG-13) DIG (1200 1230 300 330 400 430) 630 700 745 800 940 1010
OC & DA: POSEIDON (PG-13) DIG (430) 950
POSEIDON (PG-13) DIG (100) 715
MISSION IMPOSSIBLE 3 (PG-13) DIG (1215 330) 645 950
RV (PG) DIG (100 415) 800 1020

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale CARS (G) ★
Adv. Tix on Sale THE BREAK-UP (PG-13) ★
X-MEN 3 (PG-13) DIG ★ (1130 1200 1220 1245 130 215 245 320 400 430 500 525) 645 700 715 745 815 930 945 1000 1030
OVER THE HEDGE (PG) DIG (1150 1235 125 225 300 410 440 520) 655 725 805 945 1025
THE DA VINCI CODE (PG-13) DIG (100 135 205 345 425 510) 635 700 755 835 915 950 1015
JUST MY LUCK (PG-13) DIG (1100)
POSEIDON (PG-13) DIG (1115 155 450) 735 1010
MISSION IMPOSSIBLE 3 (PG-13) DIG (1210 350) 705 1005
RV (PG) DIG (1230)

Times For 5/30/06 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2006

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AMC SELECT - The best specialty films.

AMC HOFFMANN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

X-MEN: THE LAST STAND (PG13) ✓ 11:15, 11:45, 12:15, 12:45, 1:15, 1:45, 2:15, 2:45, 3:15, 3:45, 4:15, 4:45, 5:05, 5:25, 6:15, 6:45, 7:15, 7:45, 8:15, 8:45, 9:15, 9:45, 10:15, 10:45
THE DA VINCI CODE (PG13) 11:20, 12:00, 12:30, 1:00, 2:00, 3:00, 3:30, 4:00, 4:30, 5:30, 6:30, 7:00, 7:30, 8:00, 9:00, 10:00, 10:30
THE DA VINCI CODE (PG13) [D] [CC] 12:00, 3:30, 7:00, 10:30
OVER THE HEDGE (PG) 11:25, 11:55, 12:25, 1:55, 2:25, 2:55, 4:20, 4:55, 5:25, 6:55, 7:25, 7:55, 9:25, 9:55, 10:25
SEE NO EVIL (R) 12:05, 2:25, 4:50, 7:10, 9:35
JUST MY LUCK (PG13) 11:00, 1:25, 3:55
POSEIDON (PG13) 12:00, 2:30, 5:00, 6:35, 7:35, 9:10, 10:10
MISSION: IMPOSSIBLE III (PG13) 11:05, 12:05, 2:05, 3:05, 5:05, 6:40, 7:40, 8:40, 9:40, 10:40
RV (PG) 11:35, 2:10, 4:35

AMC SELECT
KEEPING UP WITH THE STEINS (PG13) ✓ 11:30, 1:55, 4:25, 7:05, 9:30
AKEELAH AND THE BEE (PG) 11:00, 1:40, 4:10, 7:20, 10:05

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

X-MEN: THE LAST STAND (PG13) 1:30, 4:00, 5:00, 6:20, 7:30, 8:45
THE DA VINCI CODE (PG13) 1:50, 4:30, 5:15, 7:45, 8:20
OVER THE HEDGE (PG) 1:40, 2:15, 4:15, 5:00, 6:30, 7:45, 8:30
JUST MY LUCK (PG13) 8:00
POSEIDON (PG13) 5:10, 8:30
MISSION: IMPOSSIBLE III (PG13) 4:50, 8:15
RV (PG) 5:20, 7:50

AMC SELECT
AKEELAH AND THE BEE (PG) 4:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

THE DA VINCI CODE (PG13) 11:45, 12:30, 1:15, 3:00, 3:45, 4:30, 6:15, 7:00, 7:45, 9:30, 10:15
OVER THE HEDGE (PG) 11:30, 12:15, 1:45, 2:45, 4:05, 5:00, 6:05, 7:10, 8:10, 9:30, 10:15
JUST MY LUCK (PG13) 12:00, 2:25, 4:50, 7:15, 9:40

AMC SELECT
AKEELAH AND THE BEE (PG) 1:30, 4:15, 7:25, 10:00

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441 821

PRESENTED IN DIGITAL PROJECTION
OVER THE HEDGE (PG) 1:15, 3:25, 5:40, 7:50, 10:05
MISSION: IMPOSSIBLE III (PG13) 1:45, 2:40, 4:50, 5:35, 7:45, 8:30, 10:35

X-MEN: THE LAST STAND (PG13) 11:00, 12:25, 1:10, 1:55, 2:50, 3:35, 4:20, 5:05, 6:00, 6:45, 8:15, 9:00, 10:00, 10:45
THE DA VINCI CODE (PG13) 12:00, 12:20, 1:05, 1:50, 3:05, 3:50, 4:35, 5:20, 7:15, 8:00, 8:45, 9:55, 10:40
THE DA VINCI CODE (PG13) [CC] 12:20, 3:50, 7:15, 10:40
OVER THE HEDGE (PG) 12:05, 2:30, 4:45, 7:00, 9:15
POSEIDON (PG13) 12:10, 2:45, 5:10, 7:40, 10:10

AMC SELECT
THANK YOU FOR SMOKING (R) 12:15, 2:35, 5:00, 7:20, 9:45, 12:05

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-966-5400 713

MISSION: IMPOSSIBLE III (PG13) 1:20, 4:10, 7:00, 9:45

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

X-MEN: THE LAST STAND (PG13) ✓ 12:50, 1:15, 1:45, 2:15, 3:00, 3:30, 4:00, 4:30, 5:00, 5:25, 6:15, 6:45, 7:15, 7:45, 8:15, 9:00, 9:30, 10:00
THE DA VINCI CODE (PG13) 1:00, 2:10, 2:45, 3:15, 4:10, 5:45, 6:20, 7:00, 7:30, 9:15, 9:45
OVER THE HEDGE (PG) 12:45, 1:10, 2:35, 2:55, 3:25, 4:50, 5:20, 5:50, 7:10, 8:10, 9:25
SEE NO EVIL (R) 2:25, 4:55, 7:25, 9:50
JUST MY LUCK (PG13) 2:00, 4:45
POSEIDON (PG13) 1:55, 4:35, 7:05, 8:05, 9:40
MISSION: IMPOSSIBLE III (PG13) 1:35, 3:10, 4:25, 6:10, 7:15, 7:50, 9:05, 10:00
RV (PG) 1:40, 7:35

AMC SELECT
AKEELAH AND THE BEE (PG) 4:05, 9:55

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

X-MEN: THE LAST STAND (PG13) ✓ 12:15, 12:45, 1:45, 2:30, 3:15, 4:00, 4:30, 5:15, 6:05, 6:45, 7:15, 8:00, 8:45, 9:30, 10:00, 10:45
THE DA VINCI CODE (PG13) 12:30, 1:30, 2:50, 4:10, 5:00, 6:20, 7:30, 8:30, 9:45, 10:50
THE DA VINCI CODE (PG13) [D] [CC] 1:30, 5:00, 8:30
OVER THE HEDGE (PG) 12:00, 1:20, 2:15, 3:45, 4:45, 5:55, 7:00, 8:10, 9:10, 10:20
SEE NO EVIL (R) 1:35, 3:50, 6:10, 8:20, 10:30
JUST MY LUCK (PG13) 12:10, 5:10, 10:10
POSEIDON (PG13) 1:45, 4:05, 6:30, 9:00
MISSION: IMPOSSIBLE III (PG13) 2:00, 4:55, 7:05, 7:50, 9:55, 10:40
RV (PG) 2:40, 7:40
STICK IT (PG13) 1:50, 4:20

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

X-MEN: THE LAST STAND (PG13) 11:00, 12:15, 1:30, 2:45, 4:00, 5:20, 6:45, 8:00, 9:45, 10:45
OVER THE HEDGE (PG) 12:30, 1:15, 2:30, 3:15, 4:30, 5:45, 7:00, 7:45, 9:00, 10:00
JUST MY LUCK (PG13) 12:45, 3:00, 5:25, 7:30
POSEIDON (PG13) 10:15 PM
MISSION: IMPOSSIBLE III (PG13) 1:00, 4:15, 7:15, 10:10
RV (PG) 12:50, 3:10, 5:30, 7:55, 10:25

AMC SELECT
AKEELAH AND THE BEE (PG) 1:45, 4:45, 7:50, 10:40

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220 844

X-MEN: THE LAST STAND (PG13) 1:00, 1:45, 2:45, 3:30, 4:20, 5:20, 6:05, 7:00, 8:00, 8:30, 9:45, 10:45, 11:00
THE DA VINCI CODE (PG13) 1:10, 3:35, 4:30, 7:05, 7:35, 10:30, 10:55
THE DA VINCI CODE (PG13) [CC] 1:10, 4:30, 7:35, 10:55
OVER THE HEDGE (PG) 1:30, 2:40, 3:40, 4:50, 5:50, 7:10, 8:10, 9:20, 10:20
SEE NO EVIL (R) 2:50, 5:25, 7:50, 10:25
POSEIDON (PG13) 2:00, 5:30, 8:05, 10:45
MISSION: IMPOSSIBLE III (PG13) 2:20, 5:35, 7:20, 7:55, 10:10, 10:50
SCARY MOVIE 4 (PG13) 1:05, 3:10, 5:15

AMC SELECT
AKEELAH AND THE BEE (PG) 2:30, 5:00, 7:30, 10:00

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
KEEPING UP WITH THE STEINS (PG13) 1:20, 4:50, 7:20, 9:20
WAH-WAH (R) 2:00, 7:40
ART SCHOOL CONFIDENTIAL (R) 1:40, 4:20, 7:50, 10:10
THE LOST CITY (R) 1:10, 4:10, 7:10, 10:00
WATER (PG13) 1:00, 3:40, 7:30, 9:50
FRIENDS WITH MONEY (R) 1:30, 3:30, 7:30, 9:30
KINKY BOOTS (PG13) 4:40, 9:40
THANK YOU FOR SMOKING (R) 1:50, 4:30, 7:00, 9:10

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

X-MEN: THE LAST STAND (PG13) ✓ 12:15, 12:45, 1:20, 1:50, 2:25, 3:00, 3:35, 4:10, 4:45, 5:25, 6:05, 6:30, 7:00, 7:30, 8:00, 8:35, 9:05, 9:40, 10:10, 10:40
X-MEN: THE LAST STAND (PG13) [D] [CC] ✓ 1:50, 4:45, 7:30, 10:10
THE DA VINCI CODE (PG13) 12:00, 1:05, 2:05, 2:45, 3:25, 4:25, 5:35, 6:10, 7:10, 7:50, 8:55, 9:45, 10:35
OVER THE HEDGE (PG) 12:10, 12:55, 1:40, 2:30, 3:10, 3:55, 4:50, 5:30, 6:15, 7:05, 7:40, 8:20, 9:15, 9:55
POSEIDON (PG13) 12:00, 2:20, 4:55, 7:15, 9:30, 10:25
MISSION: IMPOSSIBLE III (PG13) 12:05, 1:25, 2:55, 4:20, 5:45, 7:20, 8:45, 10:05

AMC SELECT
KEEPING UP WITH THE STEINS (PG13) ✓ 12:50, 3:15, 5:40, 8:05, 10:30

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

X-MEN: THE LAST STAND (PG13) ✓ 5:00, 5:25, 7:30, 8:00
THE DA VINCI CODE (PG13) 4:30, 5:05, 7:45, 8:25
OVER THE HEDGE (PG) 4:40, 5:00, 7:00, 7:40
JUST MY LUCK (PG13) 4:50
POSEIDON (PG13) 5:30, 7:50
MISSION: IMPOSSIBLE III (PG13) 4:45, 5:20, 8:05, 8:10
SILENT HILL (R) 5:15, 8:15
SCARY MOVIE 4 (PG13) 7:20

AMC SELECT
AKEELAH AND THE BEE (PG) 5:40, 8:20

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

X-MEN: THE LAST STAND (PG13) 2:00, 2:45, 3:30, 4:40, 5:20, 6:45, 7:15, 8:00, 9:15, 9:45, 10:30
OVER THE HEDGE (PG) 2:30, 3:20, 4:50, 5:30, 7:00, 7:45, 9:10, 10:10
SEE NO EVIL (R) 3:45, 5:45, 8:10, 10:15
POSEIDON (PG13) 3:00, 5:15, 7:30, 9:50
INSIDE MAN (R) 3:40, 7:05, 9:55

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

X-MEN: THE LAST STAND (PG13) ✓ 4:00, 5:20, 6:45, 8:00, 9:30
THE DA VINCI CODE (PG13) ✓ 4:15, 6:30, 7:30, 10:00, 3:00
OVER THE HEDGE (PG) ✓ 4:45, 7:00, 9:15
RV (PG) 4:30, 7:15, 9:45

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue, N.W.
202-244-0882 714

X-MEN: THE LAST STAND (PG13) 12:15, 12:45, 1:15, 1:30, 2:45, 3:30, 4:00, 4:15, 5:20, 6:15, 6:45, 7:00, 8:30
POSEIDON (PG13) 2:15, 4:45, 7:10
INSIDE MAN (R) 1:10, 4:05, 6:50

LOEWS DUPONT 5
1350 19th St.
202-872-9555 711

SOMERSAULT (NR–NOT RATED) 2:45, 7:30

AMC SELECT
KEEPING UP WITH THE STEINS (PG13) 3:00, 5:30, 7:45, 10:00
WAH-WAH (R) 2:10, 4:50, 7:10, 9:40
WATER (PG13) 2:00, 2:20, 4:30, 5:00, 7:00, 7:40, 9:30
KINKY BOOTS (PG13) 5:10

LOEWS WHITE FLINT 5
North Bethesda
310-423-1014 741

X-MEN: THE LAST STAND (PG13) 1:15, 4:15, 7:00, 10:00
THE DA VINCI CODE (PG13) 1:00, 4:00, 7:00, 10:00
OVER THE HEDGE (PG) 2:10, 4:25, 7:10, 9:15
POSEIDON (PG13) 2:05, 4:30, 7:15, 9:30
MISSION: IMPOSSIBLE III (PG13) 1:25, 4:20, 7:05, 9:45

Times for Tuesday, May 30, 2006

[CC] - Closed Captioning · [D] - Descriptive Video Service
✓-SPECIAL ENGAGEMENT No passes or discount coupons
Matinee price for all shows Fri-Sun & holidays before 4PM and Mon-Thu before 6PM.

Which comes first – the egg or the cure?

Thousands of Americans die everyday from diseases that could potentially be treated – or even cured – using stem cells

Women needed to donate eggs for stem cell research project.
(All procedures will be carried out at an accredited clinic by certified medical professionals. Compensation for expenses.)

LET YOUR EGGS BE PART OF THE CURE!
Please donate your eggs. Call 202-315-3736

Have You Been Diagnosed With Irritable Bowel Syndrome?

Do you experience pain and discomfort due to the condition?

If so, you may be eligible to participate in a research interview to talk about your symptoms.

The interview will be approximately 2 hours.

Participants will receive $50.

Please call Adria at United BioSource Corporation at **1-877-954-4252** *for more information*

Are You a Trauma Survivor?
Have You Lived Through a Life-Threatening Event?

An event such as physical/sexual abuse, injury, accident or disaster?
If so, we are asking you to volunteer for research studies that involve:

- Brain imaging
- Measurement of stress hormones
- Free trial of commonly used medications if indicated

We want to understand the differences in how people respond to and cope with a traumatic experience. Compensation provided.

301-496-5645
TTY: 1-866-411-1010
National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

SEVERE PMS?

During the week prior to your menstrual period, do you suffer from most of the following symptoms?

Depressed Mood • Anxiety • Feelings of Being "Keyed Up" or "On Edge" • Irritability • Decreased Interest in Usual Activities Changes in Appetite • Lack of Concentration Feelings of Anger • Breast Tenderness • Bloating

If you are between the ages of 18 and 49, are in general good health, and have been feeling this way for the past year, you may qualify to participate in an investigational medication research study.

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XX142 3x2.5

Television

POOR SIMON: The show's quality devolved, but the ratings boomed, as Fox's "American Idol" finale became the most-watched show of the season for the third season in a row. All this and the unmarketable Taylor Hicks, too.

25 Years of Plague

'The Age of AIDS' looks at the disease's origin and mutation

RECENT HISTORY | "Frontline" (9 p.m., PBS, concludes Wednesday) presents "The Age of AIDS," a four-hour, two-night look at one of the worst pandemics in recent history — the medical, social and political ramifications of the disease, and its discovery, spread and treatment.

"AIDS" takes a thorough chronological approach starting in June 1981, when the first instances of pneumonia, body sores and the rapid deterioration and deaths of young gay men were reported in a weekly medical and morbidity report. Suddenly, doctors all over America were seeing similar symptoms.

PBS

FROM THE HEART: The red ribbon is a symbol in the fight against the disease.

The story continues with breathtaking speed as reports of the disease come in from around the world and then from within the hemophiliac community, one dependent on blood transfusions.

In addition to its medical detective story, "AIDS" chronicles the political earthquake triggered by the epidemic as scientists met resistance both from gay activists and religious moralists.

"The Age of AIDS" is an astounding piece of work. It presents history like a breaking-news story. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

LIFELINES

RESCUE ME (10 p.m., FX) returns for its third season, with Tommy Gavin (Denis Leary) still talking to ghosts and mourning the loss of his son and the dissolution of his marriage. Can you believe this is one of the funniest shows on television?

THE GAS BILL?

A stolen-car chop shop yields gruesome remains on **NCIS** (8 p.m., CBS).

DID YOU EVER NOTICE HOW WOMEN AREN'T LIKE MEN?

Anthony Clark hosts the third season of **LAST COMIC STANDING** (8 p.m., NBC).

THE GIFT SHOP ROCKS

MONEY FACTORY (9 p.m., National Geographic) looks at the facilities where the treasury creates more than $650 billion worth of bills and coins per day.

FX

FUNNY BUSINESS: Denis Leary is back for more laughs in "Rescue Me."

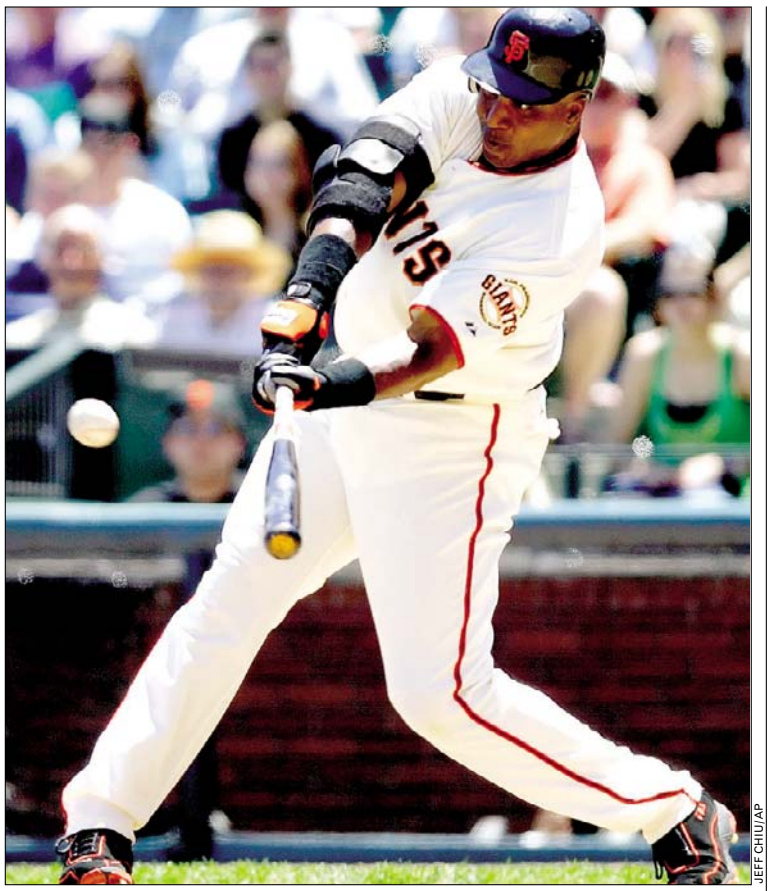
PRECEDED BY 'THE SOUND'

Kirk Douglas, John Cassavetes and Amy Irving star in the 1978 suspense thriller **THE FURY** (8 p.m., Fox Movie Channel), directed by Brian DePalma. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

5.30.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Last Comic Standing (Season Premiere) (N)				Law & Order: Special Victims Unit		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	★★★ "Shanghai Knights" (2003, Comedy) Jackie Chan. Premiere.				News		Geraldo at Large	Friends
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	Rodney (N)	According to Jim	Less Than Perfect	Boston Legal "Live Big"		News	(:35) Nightline
	WUSA 9	News	CBS News	9News Tonight	Ent. Tonight	NCIS "Head Case" (iTV)		The Unit "Stress"		48 Hours Mystery "Deadly Secrets"		News	Late Show
	WDCA 20	That '70s Show	That '70s Show	Friends	Every-Raymond	America's Next Top Model		Veronica Mars		The Tyra Banks Show		Girlfriends	Girlfriends
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Sinking the Supership"		Frontline The origin and spread of HIV; views of the disease. (N)				Vertical Frontier	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Volcano Above the Clouds"		Frontline The origin and spread of HIV; views of the disease. (N)				Texas Ranch House "Blazing Trails"	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery: Murder Rooms: The Dark Beginnings			Thunderbolts	BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	Steve Harvey	The Parkers	My Wife and Kids	Bernie Mac	Gilmore Girls "A Vineyard Valentine"		Pepper Dennis (N)		Bernie Mac	My Wife and Kids	Sex and the City	Will & Grace
BASIC CABLE	A&E	American Justice		Cold Case Files		Tattoo Fixation		Bounty Hunter	Bounty Hunter	Beyond the Da Vinci Code Author sets forth incredible hypotheses.			
	Animal	The Crocodile Hunter "Ice Breaker"		The Most Extreme "Poison"		Secrets of Animal Magic		The Most Extreme Transformations.		Big Cat Magic		Secrets of Animal Magic	
	BET	106 & Park: BET's Top 10 Live			BET.com Count	★★★ "South Central" (1992) Glenn Plummer, Byron Keith Minns.				Season of Tiger	College Hill	Jamie Foxx	Jamie Foxx
	Bravo	Queer Eye-Guy	The West Wing "Two Cathedrals"		Inside the Actors Studio Tim Allen.		Kathy Griffin	Kathy Griffin: Strong Black Woman		★★ "K-PAX" (2001, Drama) Kevin Spacey, Jeff Bridges.			
	Comedy	(5:00) ★★★ "Rolling Kansas" (2003)		Reno 911!	Reno 911!	Daily Show	Colbert Report	Mind of Mencia	South Park	South Park	Chappelle's Show	Daily Show	Colbert Report
	Court	NYPD Blue "Oscar, Meyer, Wiener"		Cops	Cops	Cops	Cops	Cops	Cops	The Investigators "Special Forces"		Masterminds	Masterminds
	Discovery	Cash Cab	Cash Cab	Deadliest Catch "Man vs. Ice"		Deadliest Catch "On the Edge"		Deadliest Catch "Pribilof Stare" (N)		Dirty Jobs Mushroom farming.		Dirty Jobs "Hot Tar Rooter"	
	DISCH	Paramedics "Dream World"		Trauma: Life in the ER		Dr. G: Medical Examiner		Dr. G: Medical Examiner		Dr. G: Medical Examiner		Dr. G: Medical Examiner	
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	"Now You See It..." (2005, Adventure) Alyson Michalka, Johnny Pacar.				American Drgn	Even Stevens	Zack & Cody	That's So Raven
	E!	Dr. 90210		E! News (N)	The Daily 10 (N)	To Have and to Hold: Last Bride Standing			10 Ways	Sexiest Red carpet. (N)		Saturday Night Live	
	FX	King of the Hill	King of the Hill	That '70s Show	That '70s Show	★★★ "The Rundown" (2003) The Rock, Seann William Scott. Premiere.				Rescue Me "Devil"		(:05) Rescue Me "Devil"	
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Bad, Bad Bath (N)	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me (N)	Parents House	Designer Finals
	Family	7th Heaven "Leaps of Faith"		7th Heaven "Mi Familia"		★★ "Love Don't Cost a Thing" (2003) Nick Cannon, Christina Milian.				Whose Line?	Whose Line?	The 700 Club	
	History	Snipers: World's Deadliest Snipers		Modern Marvels: Bulletproof		The Antichrist (Part 1 of 2)		Mega Disasters: American Volcano		Mega Movers "900 Ton Building"		Modern Marvels: Dynamite	
	Lifetime	The Golden Girls	The Golden Girls	★ "Abandon" (2002, Suspense) Katie Holmes, Benjamin Bratt.				"When Danger Follows You Home" (1997) JoBeth Williams. Premiere.				Will & Grace	Will & Grace
	MTV	Parental Control	Making the Video	Sucker Free		Blowin' Up	Blowin' Up	The Real World	The Real World	The Real World	Jamie Kennedy's	Real World -- Road Rules Challenge	
	NICK	Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob	Zoey 101	Full House	Hi-Jinks	Fresh Prince	Roseanne	Roseanne	The Cosby Show
	SCIFI	Stargate SG-1 "The Warrior"		"Falcon Down" (2000, Action) Judd Nelson, Dale Midkiff.				★★ "Dark Breed" (1996) Jack Scalia, Lance LeGault.				★★ "Species" (1995) Ben Kingsley.	
	SPIKE	World's Wildest Police Videos		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		★★ "Commando" (1985) Arnold Schwarzenegger, Rae Dawn Chong.				MXC	MXC
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Friends	Friends	Sex and the City	Sex and the City	Seinfeld	Seinfeld	Friends	Friends
	TLC	While You Were Out		Overhaulin' Dad's 1970 Monte Carlo.		Wrecks to Riches Exhaustion sets in.		Overhaulin' 1972 Cutlass.		Miami Ink "Growing Up"		Wrecks to Riches Exhaustion sets in.	
	TNT	Charmed "Witchness Protection"		Law & Order "Return" (DVS)		NBA Pregame (Live)		NBA Basketball Western Conference Final Game 4 -- Dallas Mavericks at Phoenix Suns.					Inside the NBA
	USA	(5:00) ★★ "Hard Target" (1993)		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Criminal Intent		Law & Order: Criminal Intent	
	VH1	(4:30) ★★★ "Back to the Future"		SuperGroup		Celebrity Diets: Secrets Revealed		Maxim Hot 100 Downloaded.		My Fair Brady	Celeb Couples	Maxim Hot 100 Downloaded.	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	La Tormenta		(:05) Tierra de Pasiones		(:15) Corazón Partido		Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Peregrina (N)		La Fea Más Bella (N)		Barrera de Amor (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)		MLB Baseball Chicago White Sox at Cleveland Indians. From Jacobs Field in Cleveland. (Live)						Baseball Tonight (Live)		SportsCenter (Live)	
	ESPN2	Mike and Mike	WNBA 10th	WNBA Basketball New York Liberty at Indiana Fever. (Live)				WNBA Basketball Los Angeles Sparks at Chicago Sky. (Live)				Quite Frankly With Stephen A. Smith	
	CSN	The Sports List	SportsNite	MLB Baseball Tampa Bay Devil Rays at Baltimore Orioles. From Oriole Park at Camden Yards in Baltimore. (Live)						SportsNite (Live)		ACC All-Access	Best-Sports
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	The Abrams Report		Hardball		Countdown With Keith Olbermann		Scarborough Country		Rita Cosby Live & Direct		The Situation With Tucker Carlson	
MOVIES	AMC	(4:15) ★★★ "A Bridge Too Far" (1977, Drama) Dirk Bogarde. 'PG'				★★★ "The Godfather, Part III" (1990, Crime Drama) Al Pacino. A dignified don joins his wild nephew in a Sicilian vendetta. 'R'							The Sand Pebbles
	TCM	★★★ "A Song Is Born" (1948, Comedy) Danny Kaye, Virginia Mayo. 'NR'				★★★★ "Sounder" (1972, Drama) Cicely Tyson, Paul Winfield. 'G'				★★★ "Rocky III" (1982, Drama) Sylvester Stallone, Burgess Meredith. 'PG'.			
	HBO	(5:45) ★★★ "The Terminal" (2004) Tom Hanks. 'PG-13'				Big Love "Pilot"		Big Love "Viagra Blue"		★★ "The Perfect Man" (2005, Romance-Comedy) Hilary Duff. 'PG'			
	MAX	(:15) ★ "Sliver" (1993, Suspense) Sharon Stone, William Baldwin. 'R'				★★★ "War of the Worlds" (2005) Tom Cruise. 'PG-13'				★★★ "Carlito's Way" (1993, Drama) Al Pacino, Sean Penn. 'R'			
	SHOW	★★ "Stateside" (2004) Rachael Leigh Cook. 'R'		(:45) ★★ "Walking Tall" (2004) The Rock. 'PG-13'				(:15) ★★★ "The Crow" (1994, Fantasy) Brandon Lee. iTV. 'R'				HUFF "Sweet Release" (iTV)	
	TMC	(5:40) ★★ "Mad Dog Time" (1996)		(:15) ★★★ "Stage Beauty" (2004) Billy Crudup, Claire Danes. 'R'				(:15) ★★★ "Tombstone" (1993, Western) Kurt Russell, Val Kilmer, Michael Biehn. 'R'					Lone-McQuade
	STARZ!	"Bridget Jones: Edge"		(:15) ★★★ "13 Going on 30" (2004) Jennifer Garner. 'PG-13'				★★ "Guess Who" (2005, Comedy) Bernie Mac. 'PG-13'				(10:50) ★★ "The Notebook" (2004)	
	ENCORE	★★ "Road House" (1989, Drama) Patrick Swayze, Kelly Lynch. 'R'				★★ "Assassins" (1995, Action) Sylvester Stallone. 'R'				(:15) ★★ "Ladder 49" (2004, Drama) Joaquin Phoenix. 'PG-13'			

OH, CANADA: Ricky Williams is playing football again — in Canada. Williams, who was suspended by the NFL for the entire 2006 season following a fourth positive drug test, participated in his first practice with the CFL's Toronto Argonauts yesterday.

Sports



JEFF CHIU/AP

Barry Bonds hits homer No. 715 off Byung-Hyun Kim Sunday in San Francisco.

Bonds Now Solely Focused on Aaron

With 40 homers to go, odds of reaching the record are dwindling

BASEBALL | Barry Bonds once seemed on an inevitable march toward becoming baseball's home run king.

The San Francisco slugger homered at a dizzying rate, sending pitches both good and bad over outfield fences. Now he's lucky to hit one out once a week.

What only a few years ago appeared a relatively simple task has become daunting: 40 home runs to tie Hank Aaron's record of 755. Only his body is breaking down.

He's playing on a surgically repaired right knee and has bone chips floating in his left elbow. Then there are the two investigations into his alleged steroid use.

Bonds took the first step in that direction Sunday, when he hit his 715th homer to move past Babe Ruth and into second place on the career chart. He did it with a 445-foot, two-run shot to center off Byung-Hyun Kim in the fourth inning of a 6-3 loss to the Colorado Rockies. Now, only Aaron stands ahead of him.

"Is it going to happen? I don't know. I can't predict that," Bonds said. "I can't predict what's going to happen in the future. I can't."

His five-year, $90 million contract with the Giants expires after the season and Bonds hasn't yet said if he will quit after 21 years in the majors or try to keep playing, perhaps as a designated hitter in the American League.

"I want to see him do it if he can play," said Detroit manager Jim Leyland, who managed Bonds for seven years. "I know him well enough that I don't think you'll ever see Barry play if he thinks he's going to embarrass himself. He won't stay on just to do it. I'd be shocked. He'd be too proud of a guy for that." (AP)

Marco Shows Off at Indy

Younger Andretti can't win, but turns heads with 2nd-place finish

INDY 500 | Mario Andretti and son Michael already knew what everyone else saw in the Indy 500: Marco Andretti is one special driver.

On Sunday, in his first shot at the race his grandfather won in 1969, the 19-year-old Andretti came within 100 yards of joining Mario on the Borg-Warner Trophy.

Only a spectacular move by Sam Hornish Jr. on the final straightaway — making him the first driver in Indy to win with a last-lap pass — kept Marco from ending the Andretti family's nearly four decades of frustration at the Brickyard.

Mario watched from Marco's pit and was crestfallen after the checkered flag.

"He came so close," he said. "I thought he was going to win."

Mario paused, then added, "Of course, he's got a lot of years left and he's going to get a lot more chances."

JOHN RAOUX/AP

Sam Hornish Jr. edges out Marco Andretti in the final lap of the Indy 500 Sunday.

Since Mario first came to the Indianapolis Motor Speedway in 1965, the family has become an important part of the track's lore. And, since Mario's victory four years later, all manner of bad luck has spoiled the Andrettis' Memorial Day weekend.

Last year, Michael did get to Victory Circle as co-owner of the winning car of Dan Wheldon. But that's not the same as if he or a family member got to drench themselves in winner's milk.

It didn't happen Sunday, either. But it was a pretty good day for the Andretti family. MIKE HARRIS (AP)

Kasey Kahne Is a True Contender for Nextel

Young driver always had the talent, but has gained some maturity

AUTO RACING | Kasey Kahne spent his first two Nextel Cup seasons locked out of the championship chase, failing to meet the lofty expectations placed on one of NASCAR's newest stars.

His talent was unquestioned. His patience and maturity? Not so concrete.

A dozen races into his third season, Kahne is as close to the complete package as he's ever been.

Kahne won his third race of the season on Sunday night by dethroning Jimmie Johnson in the Coca-Cola 600 at Lowe's Motor Speedway.

The victory pushed Kahne two spots ahead in the points standings to sixth, and in solid position to finally make the race for the Nextel Cup title. After two years of disappointment, Kahne is finally a bona fide contender.

BOB JORDAN/AP

Kasey Kahne celebrates on top of his car after winning the Coca-Cola 600.

"Night and day," Kahne said when asked to compare this season to last. "Right now I've got the best team out there, and it's a blast driving for them." JENNA FRYER (AP)

First-Round Win Puts Nadal Past Vilas' Record

TENNIS | Rafael Nadal passed Guillermo Vilas and began his pursuit of a second successive French Open trophy.

Nadal earned his 54th consecutive win on clay Monday, breaking the Open era record he shared with Vilas by beating Robin Soderling 6-2, 7-5, 6-1 in the first round at Roland Garros.

With Vilas sitting in the second row, the No. 2-seeded Nadal overcame a 4-2 deficit in the 68-minute second set, then pulled away. After the match, Vilas presented Nadal with a trophy — a cutaway sample showing the multiple layers of a clay court.

"If I had to lose that record, I'm pleased I was losing it to somebody like that," Vilas said. "It's a pleasure to see him play and fighting. It's very good for tennis. He will inspire a new generation of players." (AP)

Sports

"I told Jacques Chirac that it's important for Brazil to go to the final with France so Brazil can get even for what happened with us in '98." —**Brazilian President Luiz Inacio Lula da Silva**, on a discussion with the French president about the World Cup. France beat Brazil in the 1998 final.

U.S. Soccer Ready to Go

National team wins its last two games before heading to Germany

SOCCER | For the U.S. soccer team, the prep matches are over.

The next time the Americans take the field for a game before fans will be in their World Cup opener against the Czech Republic.

"We kind of have a very good feel for the pecking order of our team and how we're going to position players for June 12," U.S. coach Bruce Arena said after Sunday night's 1-0 victory over Latvia.

Following a 1-0 loss to Morocco and a 2-0 victory over Venezuela, the Americans looked sharper and dominated possession until tiring midway through the second half. Players were given three days off to return home before the team leaves for Germany on Thursday. They have a closed scrimmage against Angola on June 5 in Hamburg before facing the Czechs.

ELISE AMENDOLA/AP

John O'Brien, left, vies for a header in the U.S.'s final send-off match against Latvia.

"I think the loss against Morocco was a good wakeup call," said U.S. goalkeeper Kasey Keller, who got his 45th shutout in 93 international games. RONALD BLUM (AP)

World Cup Organizers Set Sights on Scalpers

Lack of identity info causes an increase in trading, officials say

WORLD CUP | The German government said Monday that a lack of information about the identity of VIP ticket holders had opened an avenue for black-market trading in some of the best seats for the World Cup.

Organizers insist fans will only be allowed into games with a ticket that bears their name and ID card or passport number. The measure, recommended by the European Union, is designed to exclude hooligans and curb ticket touting.

But an official said Monday that the holders of some tickets sold to companies or given to sponsors for VIP guests had yet to supply the information — and admitted it was too late to fix the problem.

"We are in talks with the other responsible parties in search of possibilities to bring down as far as possible the proportion of tickets that can't be personalized before the various games," Interior Ministry spokesman Stefan Kaller said.

Kaller said "less than 1 million" of the 3 million tickets for the June 9-July 9 tournament were potentially affected.

Organizers are allowing fans to sell back tickets or change the name printed on them for a fee. They plan spot checks at stadiums to deter anyone from buying tickets from touts. STEPHEN GRAHAM (AP)

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8 **The seed number of** the Edmonton Oilers, who beat No. 6 Anaheim on Saturday to claim a spot in the Stanley Cup Finals. Edmonton also beat No. 5 San Jose and No. 1 Detroit in this year's playoffs.

Cavs Cruise to NCAA Title

Virginia beats UMass 15-7 in championship, finishes the year 17-0

COLLEGE LACROSSE | Virginia completed an undefeated season with its fourth NCAA men's lacrosse title Monday, beating unseeded Massachusetts 15-7 behind five goals each from Matt Poskay and Matt Ward.

The Cavaliers finished 17-0, the second straight year the NCAA champion was unbeaten. Johns Hopkins went 16-0 last year.

Before a record crowd of 47,062, Massachusetts (13-5) made a game of it for the first half but ultimately could not contain the top-seeded Cavaliers. Virginia spent much of the first half watching its shots sail high and wide.

UMass tied the game 5-5 early in the third quarter and pulled to 7-6 before the Cavaliers went on a tear with six straight goals to lead 13-6 with 9:37 left.

Sean Morris, who entered the game as UMass' leading scorer with 33 goals, was held without a goal. UMass freshman Doc Schneider played well in goal but stood little chance against a Cavaliers offense that featured four players with more than 30 goals this year.

The Cavaliers dominated the first quarter 4-1, pinning UMass in its defensive end for several minutes at a time. Poskay scored twice and Ward made it 4-1 on an empty-net goal after UMass goalie Doc Schneider came out to help defensively. But the Minutemen rallied to cut the deficit to 5-4 at the half. RANDY PENNELL (AP)

MILES KENNEDY/AP

Virginia's Mike Timms, left, checks Rory Pedrick of Massachusetts during the first half of the Cavaliers' 15-7 victory at the NCAA Championship Finals on Monday.

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Sports

MICHEL SPINGLER/AP

James Blake easily won his first round match of the French Open, 6-0, 6-4, 7-6 (3).

James Blake Proves He's Ready for Clay

Eighth seed American ties personal best with victory at French Open

TENNIS | James Blake matched his best showing at the French Open, and all he had to do was win a single match.

Playing with the flair that has helped him crack the top 10 this year, Blake beat Paradorn Srichaphan 6-0, 6-4, 7-6 (3) in the first round Monday.

Blake lost in the second round in his three previous appearances at Roland Garros. He's 3-4 this year on clay, a surface that has long vexed Americans, but he has won two hard-court titles in 2006 and is seeded eighth.

"I'm hoping I keep moving forward and keep progressing," Blake said. "I feel like I'm getting better, especially on clay. It's fun being where I am right now."

Blake will next play Spaniard Nicolas Almagro, who improved to 19-6 on clay this year by beating Wayne Arthurs 7-5, 6-2, 6-2. Almagro figures to be a more formidable challenge than Paradorn, whose record on clay fell to 0-6 this year and 12-33 lifetime. (AP)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	30	18	.625	—	16-8	14-10
N.Y. Yankees	28	20	.583	2	16-9	12-11
Toronto	27	22	.551	3.5	17-10	10-12
Baltimore	23	28	.451	8.5	14-12	9-16
Tampa Bay	21	30	.412	10.5	12-11	9-19

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	35	15	.700	—	15-8	20-7
Chicago	32	17	.653	2.5	19-6	13-11
Cleveland	24	25	.490	10.5	13-10	11-15
Minnesota	23	26	.469	11.5	16-9	7-17
Kansas City	11	37	.229	23	8-15	3-22

WEST	W	L	PCT.	GB	HOME	ROAD
Texas	26	24	.520	—	13-15	13-9
Oakland	23	27	.460	3	11-12	12-15
Seattle	22	30	.423	5	14-15	8-15
L.A. Angels	21	29	.420	5	10-13	11-16

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	30	19	.612	—	16-8	14-11
Atlanta	27	23	.540	3.5	12-6	15-17
Philadelphia	25	24	.510	5	14-15	11-9
Washington	21	30	.412	10	10-13	11-17
Florida	15	33	.313	14.5	7-16	8-17

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	32	18	.640	—	18-7	14-11
Cincinnati	28	22	.560	4	15-11	13-11
Milwaukee	26	24	.520	6	17-9	9-15
Houston	26	25	.510	6.5	18-9	8-16
Chicago	18	31	.467	13.5	10-13	8-18
Pittsburgh	16	34	.320	16	12-12	4-22

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	29	20	.592	—	17-9	12-11
L.A. Dodgers	28	22	.560	1.5	16-10	12-12
Colorado	26	24	.520	3.5	13-10	13-14
San Diego	26	24	.520	3.5	13-15	13-9
San Fran.	26	24	.520	3.5	14-13	12-11

Standings through May 28's games

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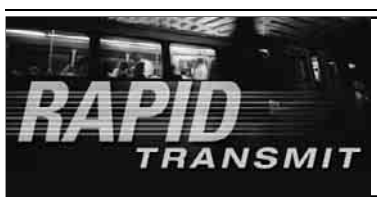

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TOP OF THE CLASS: Clemson was selected as the top seed for the 64-team Division I college baseball tournament Monday. The Tigers, led by sluggers Andy D'Alessio and Tyler Colvin, were ranked No. 1 for 19 weeks in at least one of the major polls and they open up against UNC-Asheville.

Nash: Suns 'Too Passive'

Phoenix needs to show more fight in Tuesday's must-win home game

NBA PLAYOFFS | Sporting a small wound over his right eye, Phoenix point guard Steve Nash was backed up against a wall as he met with reporters after practice Monday.

That's where Nash's Suns will find themselves if they don't play better in Game 4 of the Western Conference finals Tuesday night. They're feeling bruised, but not beaten, after a 95-88 Game 3 loss to Dallas on Sunday left them trailing 2-1.

Afterward Nash said the Suns needed to show more fight. On Monday, Nash said he wasn't trying to send a message through the media because he had told his teammates the same thing.

"I think at times we've been a little too passive," Nash said.

The Suns have to change that quickly or they will be eliminated one step short of the NBA Finals for the second consecutive season.

"It's a must-win-game situation Tuesday night," Phoenix coach Mike D'Antoni said. "We win that, it's a two-out-of-three series."

Nash said one reason for the Suns' struggles is the absence of guard Raja Bell, who has missed the last two games with a strained left calf. Bell is not expected to play in Game 4.

"I did see it a little bit, and I don't know what to attribute that to," Bell said. "I think we have to find that (energy) from whoever's suited up." (AP)

RONALD MARTINEZ/GETTY IMAGES

Steve Nash, center, said his Suns need to kick it up a notch in Game 4 against Dallas.

Game 6 Pressure Is on ... Somebody

NHL PLAYOFFS | Pressure, what pressure?

The Sabres trail the Eastern Conference final series 3-2 to Carolina, but Buffalo coach Lindy Ruff did his best Monday to gain a psychological edge.

"The pressure falls on them," Ruff said Monday of the top-seeded Hurricanes. "Oh, you'd hate to lose Game 6 and have to play Game 7."

Hurricanes coach Peter Laviolette wasn't biting. Carolina can advance to the Stanley Cup finals against the Edmonton Oilers with a Game 6 win Tuesday night at Buffalo.

"He keeps talking about my hockey team and me and what we're doing," Laviolette said, with a shrug. "We get two cracks at it."

JOHN WAWROW (AP)

JIM MCISAAC/GETTY IMAGES

Cam Ward and the Hurricanes get two shots at beating the Buffalo Sabres.

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The Nationals are in Philadelphia, where they will try to keep their bats active in hitter-friendly Citizens Bank Park.

ORIOLES (7 P.M. ON COMCAST) In a story of two bottom-feeders battling to stay out of the cellar, Baltimore opens up a three-game series against Tampa Bay.

NBA PLAYOFFS (9 P.M. ON TNT) The Western Conference Finals continues when Dallas plays at Phoenix in Game 4. The Mavs lead the series 2-1.

NHL PLAYOFFS (7:30 P.M. ON OLN) For the first time in playoffs, the Sabres are behind in a series. They face elimination by the Hurricanes in Game 6.

TENNIS (5 A.M. ON ESPN2) Get up early to watch the first rounds of the French Open.

WNBA (7 P.M. AND 9 P.M. ON ESPN2) Catch New York at Indiana and Los Angeles at Chicago in WNBA action.

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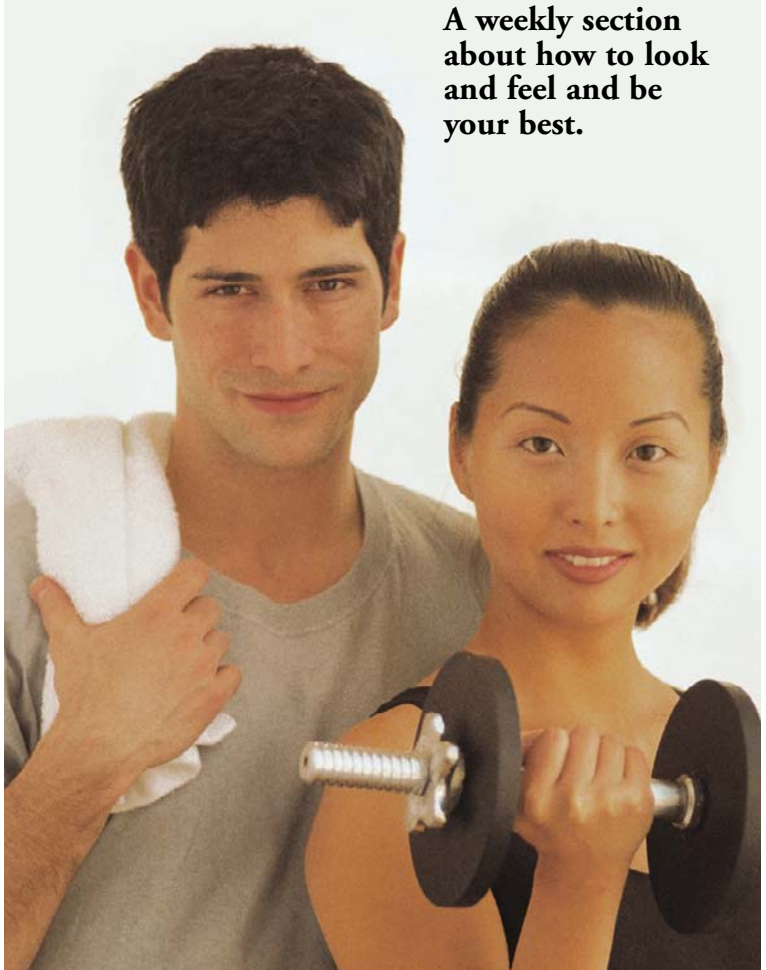

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Exper'd Teachers needed for Alex Daycare. Infants/2/3. Call Alexandria 703 354-4855.

DELIVERY

Domino's Pizza is now hiring drivers. Must have your own car & insurance. $10 - 15/hr.

Minnesota Ave	202 396-9500
Forestville	301 568-8883
Silver Hill Rd	301 568-4000
Addison Rd	301 333-5900

Ask for Manager in charge.

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JOBS

Dental/Orthodontic Assistant

Arl/Herndon. Must be exper'd, Great pay & benefits for the right person. Fax resume 703-527-7986 or call 703-527-5654.

DENTAL RECEPTIONIST

Needed FT/PT for office in Centreville. Only those with experience need to apply to the position. Call 703-818-1500 or fax at 703-502-9580.

Director/Supervisor Summer Camp

Church seeking Director/Supervisor for Summer Camp June 19 thru August 25. Call 202-543-3050

DISPATCHER/OPERATIONS

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Class A Flat bed, Over the road,
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DRIVER

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Call 703-827-2636.

DRIVER

TRUCK DRIVERS WANTED

Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location. We have several positions available. Call Robert **1-800-992-6286**

DRIVER — with own vehicle & insur. to provide transportation for Dr's. office, Mon-Fri. FT/PT. DC or PG Co. MD. CALL: 202-543-2280. FAX: 202-543-5309.

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Private special education schools
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Excellent salary & benefits
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6349 Lincolnia Road
Alexandria, VA 22312
FAX (703) 941-4237
EOE

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P/T Mon-Fri 30 hrs. Entry level position in support of City Engineer. Collects and tabulates traffic data, tests and samples materials, assists in surveys and field investigations, performs basic construction inspection and documentation, and other related duties. Maintains computer and manual records. Must have valid driver's license. Some experience plus education or training in engineering or math. Starting at $14.12 - $15.58 hr. DOQ plus some prorated benefits. Applications available from:

City of College Park - Human Resources
4500 Knox Road, College Park, MD 20740
Ph: (301) 779-4945
www.collegeparkmd.gov

City application required. Closes 6-16-06 EOE

Classifieds

JOBS

Engineering

Civil Engineers
Expanding firm seeking EITs or PEs. 2 years exp. In site design preferred. Exc benefits. Resumes to MelodyBAH@aol.com or 434-979-8122 in Charlottesville VA.

Financial Services
Excellent opprty in the financial industry. FT/PT, no exp necessary will train. Call 301-333-5868

FOOD SERVICE/COOKS
Retirement facility in Sil Spg, MD. SODEXHO, F/T w/benefits. Work every other wkend. Call Towanna, 301-598-4000 x 70

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HOTEL

Holiday Inn Express Springfield, VA
We are looking for great people to join our team at our 200-room No. VA. property!
- **Group Sales Manager** (Hotel Exp req'd)
- **Sales Admin. Asst**
- **Guest Service Agents** (Hotel Exp pref'd)
- **Banquet Set Up Staff** (FT/PT)
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- **PM Hskpg Attendant**
- **Hskpg Room Attendant**
- **PM Laundry Attendant**
- **Continental Brkfst Server**

Applications in person at: 6401 Brandon Ave., Springfield, VA 22150. Phone: 703-644-5555. We are near Metro & bus lines. We are an EOE.

HOUSECLEANING— 10 years experience, References, Own cleaning materials. Call 301-474-1656

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Residential Homes.
Apply in Person, 1222 T St NW
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LABORER
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Large church in No. VA looking for respons indiv for FT position moving tables/chrs, supplies, hvy off furn. Must be able to set up rms from a diagram and asst with gen'l bldg & grounds maint. Min 1 yr rel exp w/phys ability lift 50 lbs. & push up to 150 lbs or more. Very phys job; looking for hi energy, hard wrkr w/heart to serve others. Must work Saturdays and Sundays. Refs & I-9 proof. Contact HR at (703) 770-3843 or send res to resume@mcleanbible.org

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301-429-5680 EOE

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Litigation Paralegal
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LEGAL SECRETARY PATENT & TRADEMARK
Alex Old Town N. End IP Law firm seeking FT secretary with excellent computer, communication, grammar,typing & organizational skills for senior patent & trademark attorney. Min 1 yr IP exp desired. Benefits incl medical, 401K, free parking in bldg. Sal. commens. w/ exp. Send resume to: 703-683-1080 or email: hr@baconthomas.com

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For 2 boys - Gaithersburg, MD area.
Details, please call ASAP: 860-778-6355

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FedLock seeks ENTRY LEVEL (will train) & EXPER'D TECHS. Installation/service, access control, hardware, no auto, no on-call. Great oppty for personal/professional growth, exc salary/benes. Fax 703-525-1637 Attn Michael

MAINTENANCE TECHNICIAN
Alexandria House has an immediate need for a maintenance technician to perform routine maintenance in the areas of Electrical, Plumbing, Carpentry & Painting. Equipment maintenance. HVAC experience a must. Ability to lift 75 lbs, walk, bend and stand for long periods of time and perform repetitive tasks. Must be tenant oriented. Must live within 15 miles of Old Towne Alex. 5 yrs exp. req'd. Hrs: M-F, 9:30am - 5:30pm, & on-call rotation. $12-13/hr. incl. benefits. For consideration, please **fax resume to (703) 548-7795 or e-mail to: alexandriahouse2@earthlink.net**

MAINTENANCE TECH
For large apartment community in Temple Hills. Must have 2-3 years experience. Must have tools & be HVAC certified live on or off position. FAX resume to: 301-894-7673.

Mechanic/Truck —Busy shop in need of 2 Mechanics. Exper. pref'd. exper. in Reefer repair a plus. FT pos. Springfield location. CALL Billy: **703-354-5300.**

MEDICAL SURGERGY SCHEDULER $40K
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Chevy Chase, MD. Great office. Must have experience. Excellent benefits. Call 301-365-3004; Fax: 301-365-3122. Email: nmstaffing@yahoo.com

MEDICAL RECEPTIONIST
Immed. PT/FT. McLean/Arl. OB/GYN office. FAX CV 703-532-0609

Medical Receptionist
Laurel, MD Eng/Spanish. Msg/Fax resume: 301-362-0213.

MEDICAL BILLER (FT)
In a doctor's office in Laurel. Previous experience with managed care is req'd. Send resume to: jobs@lkacc.com

MEDICAL ASSISTANT
for busy pediatric practice. Pediatric experience necessary. No weekends. Fax resume by June 2 to: 202-244-2192

MEDICAL ASST.
The Washington Free Clinic seeks a full-time, experienced Medical Assistant, bilingual and willing to join a dedicated team providing health care to the underserved and uninsured. **Email CV:** lwfuller@wfclinic.org or via **fax** 202-328-1775. More info on Clinic at: **www.wfclinic.org.**

MEDICAL RECEPT. for busy pediatric pract. Front desk/posting, pediatric exp. No weekends. Mysis a plus. Fax to 202-244-2192 by June 2.

MEDICAL RECEPT. for busy pediatric pract. Front desk/posting, pediatric exp. No weekends. Mysis a plus. Fax to 202-244-2192 by June 2.

MEETINGS ASSISTANT
Association in Arlington near Ballston Metro is looking for a detail-oriented professional to assist with the administration aspects of conferences and seminars. Knowledge of Word necessary. Meeting planning experience and iMIS database proficiency a plus. Salary commensurate with experience. Fax or e-mail cover letter, resume and salary requirements to Director of Meetings at jlsmith@asppa.org or fax to 703.516.9308. Phone applicants will not be considered. EOE/M/F/V/H

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Bowie, MD 20716
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PAINTER—MD contractor seeks F/T Painter. Min. 5yrs exp. Tools & transp. a must. 301-460-2300

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Research Surveyors Needed
Learn about political/national issues and earn $7.50/$12.50/hr. Public opinion polling firm needs interviewers to conduct telephone surveys. Excellent speaking/reading skills required. College preferred. Evening/Weekend Hours available. NO SALES. Ideal for College Students and Part Timers!! Van Ness/UDC Metro. (202) 686-9743. EOE.

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The University of Southern California is seeking a bright, energetic, self-motivated individual for an opportunity to be involved in cutting-edge scientific research advocacy in a recently established office of the University of Southern California (USC) located in downtown Washington, DC. Must be detail-oriented with a keen interest in science, and able to thrive in a team environment. The successful candidate will be very flexible and have excellent problem solving, organizational and analytical skills. Responsibilities include interfacing with USC faculty and with other researchers both nationally and internationally, interacting with federal funding agencies and private foundations, arranging and scheduling scientific meetings and collecting, evaluating and analyzing data related to USC's research activities. Very competitive salary and excellent benefits package.

Job Qualifications: Bachelor's Degree with two years of experience. However, combined experience/education may substitute for minimum experience. **Preferred Education:** College graduate with an undergraduate degree in the social sciences/humanities.

For detailed job description and to apply on-line visit our website at: **http://www.usc.edu/bus-affairs/ers/jobs/20630.html**
EOE/AA

PROMOTERS ASST— Wanted for Gentleman's Club (PG County). With own transportation. **240-286-3660**

PROPERTY MANAGEMENT
Exper'd Groundskeeper req'd for large garden style Condominium located in Forestville, MD. Fax resume w/ salary req., Attn Board of Directors, 301-967-7096.

PROPERTY MANAGEMENT
Exper'd Maintenance person req'd for large garden style Condominium located in Forestville, MD. Fax resume w/ salary req., Attn Board of Directors, 301-967-7096.

Property Management
ASST. PROPERTY MANAGER
Service oriented professional responsible for AP/AR, collection of rents & annual tenant research in accordance with HUD regs. Section 8 experience. Salary low $30s. Fax resume to: 202-797-2083.

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(M-F 8:30 am to 5:30 pm)
Salary - mid $20k

Required Skills:
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- BA / BS degree preferred
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Engineering

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Real Estate Information

Classifieds

JOBS

RECEPTIONIST

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Please send resume and salary requirements to: staff_va@pillsburylaw.com or via fax at (703) 770-7901.

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RESTAURANT

Banquet Chef

Banquet Chef w/ large banquet catering & menu experience. For a North Arlington Knights of Columbus club. CALL Lindy, 703-536-9656.

Restaurant

Cook — Short order. Apply in person. Exp req'd. 331 1/2 Pennsylvania Ave SE, Wash DC 20003

RESTAURANT

Exp'd Only Waiters/Waitresses. FT/PT, McLean VA, Excel Tips & Salary. Call after 2 p.m., 703-734-1960.

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Please apply in person Monday through Friday between 9am and 5pm at our temporary office located at:

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Interviews will be conducted for the following positions: Maitre D', Servers, Cocktail Servers, Bus Staff, and all Back of House positions.

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Restaurant

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Training provided FT & PT Avail. Ins, vacation & sick leave pay. Must be able to communicate w/ customers. Apply in person to Benihana Restaurant, 7935 Wisconsin Ave, Bethesda MD 20814. Call 301-652-5391.

Restaurant

KITCHEN POSITIONS

- Line Cooks
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Apply in person between 2pm-4pm. Please call 703-914-9280.

RESTAURANT

Tantallon Country Club is presently seeking a qualified Banquet Captain, Bar Manager, Servers & Bartenders. Call 301-292-1100 FNB Dept. or fax resumes to 301-292-2943.

Restaurant

The City Tavern Club, a private dining club located in the heart of Georgetown has an immediate opening for a **General Manager.** The General Manager is responsible for all Club food and beverage operations, administration and facility maintenance. E-mail andronicos@aol.com for more information. Salary: Base salary in the $70's with incentives to go higher based on membership and cost containment.

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SALES

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SALES

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Sales

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Sales

OUTSIDE SALES

MD's largest local truck leasing co. looking for Outside Truck Rental Sales position in No. Va., DC & MD. Salary, commission, car & gas available. Please fax resume to: **443-451-6969.** No industry exper. necessary, recent college grads welcome.

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VA Armed Security Supervisors

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NW/MILITARY RD—Effics from $675, 1BR $850; utilities included. Newly redecorated apartments, Safe, secure building. Laundry room, manager on-site. Mgr: 301-503-9738

Housing Choice Voucher Welcome

NW—Nr Metro. Lg/Furn:$400-600. Dep. Long-term. 202-829-3307

N.W./SHAW 226 Q St. —2BR $1350 & 3BR $1750 , sep entry, w/d, w/w crpt, Antionia 202-425-5585.

OXON HILL **EHO**

1BR from $725 2BR from $815

3BR from $1060

Instant Credit-Check
Metro Accessible
Near Shopping!

The Oaks at Park South
866-381-2786 (toll free)
Mon-Fri 9-6; Sat 10-5; Sun 12-4

OXON HILL **EHO**

PARK FOREST

Studio from $685 1BR fr $765
2BR fr $885 3BR fr $1135

5% Military & Fed Gov't Discount, Instant Approvals/Move-ins, Plush Carpet, Central Air/Heat, Free after-school program
625 Audrey Lane **800-880-3923**

OXON HILL—3BR, 2HBA, 2FBA, end unit TH. fpl, w/d, 1 car gar, gated yrd, $1650+dep. 301-922-8038

OXON HILL **EHO**

SOUTHVIEW

- **Balconies & Patio**
- **Modern Kitchen**
- **Free Shuttle Bus**
- **2 swimming pools**

877-316-6303
A Southern Management Community

PALISADES— English bsmt effcy overlooks beautiful garden, $950 incl utils, N/S, 202-363-6122

PETWORTH—3-4BR 2BA. sunrm & remod kitchen. Fin bsmt w/carpeting. Lg sitting area, BA & sep laundry area w/wd. Excel loc., mins from Metro/Sil Spg/Wheaton. $2200/mo. Call 202-545-3970

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Up to 1560sf! Great location off the Tollway and mins to Reston Town Center. Small pets welcome.

1BR from $1030
2BR from $1205
3BR from $1480
All UTILITIES INCLUDED

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ROCKV—King Farm Garden Condo. Delightful 2BR, 2FBA crn unit w/ lg upgraded kit, lg patio overlooking lawn,nr Metro/270/495. Great community. $1750. 202-445-0154

ROCKVILLE/GAITHS—1 & 2 Lg BRs. Furn or unfurn. Short/Long term, Corp/internships. Fully equipped kit/balc. Nr metro, park w/pool & gym, grocery. Good rates utils incld/cable **301-948-0087.**

ROCKVILLE, MD **EHO**

The Apartments at Miramount

- Washer/Dryer in each home
- Pool and Tennis Courts
- Picnic/BBQ Area
- Corporate Suites

888.324.8343
6040 California Circle
A Southern Management Community

SE/1634 V ST—2BR, renov. Nr. Metro. Sec. 8 ok. $975. 240 375-1436

SE—2BR & 1 BR avail. for immed. move in. Sec. 8 ok. Call Sally 301 593-6500

SE—2BR apt. loc. at 411 Atlantic St. $750. Vouchers welcome. Please contact 202 583-1778

SE: 3109 MLK. Jr. Ave.—1BR $595 + utils. 3 blks. from W.Gas, 1 block from the Fire Station.
Manager: 202-215-1190 Office: 202-537-8970

Housing Choice Voucher Welcome

SE: 4010 9th St.—1 BR $700+e. Totally remodeled,-hardwood floors, A/C, balcony, Southern Avenue Metro. Laundry room on-site.

Manager: 202-270-1319

Housing Choice Voucher Welcome

S.E. ANACOSTIA—3 lvl 4BR, den & study, 2 BA, CAC, w/d, dw, cls to Metro, Sect 8 ok, St St appls, hdwd flrs, newly renov. Exposed brick wall, Deep back yard. Avail immed $2300. 202-547-9596

SIL SPG—blk from Forest Glen Metro. 3-BR 2-BA, split, fin. bsmt., immed. occup., $1700+utils. **Group 1 Keller Assoc., Inc. 301-593-6500**

SIL SPG—Crptd 1BR, $1025 utils incl, onsite prkg, nr Metro/Shops. Bus at door. Deposit $500.
Monterrey Apts **301-588-3413**

SIL SPG/Glenmont—2BR, den, carport, W/D, CAC, hdwd flrs, crnr lot. $1450+ 301-598-9391

Silver Spring **EHO**

Forest Park Apartments
'A great place to live'

- Beatifully wooded landscape
- Controlled access
- Mid-rise elevator bldg
- Laundry on every floor
- Wall-to-Wall Carpet
- Spacious Bedrooms
- Pools, playgrounds, bball court
- Much, Much more!

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Silver Spring, Maryland

2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

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The Perfect Location!

FREE UTILITIES

Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

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A Southern Mgmt. Community

SS/GA. AVE—Beltway/Forest Glen Metro. 2BR apt $1095/all utl incl. 301-681-2776.

STAFFORD—5BR 3½BA SFH for rent. $2400. Nisha, 571-212-1855

S.W.—Brand new luxury TH w/1-car gar, never lived in. Close to new waterfrt harbor, 5 mins from shops & US Cap. Kitc w/corian counter tops & maple cabinets, deck, 2BR + Den, 2½BA, $1995/mo. Call Dan, 301-871-2084.

Takoma Park **NEAR METRO!**

1 BR sec bldg, pking incl, utils incl, $825.
Call JOHN 301-434-3040 Duffie Inc.

TEMPLE HILLS—1, 2 & 3BR Apts avail immed! W/W. D/W. Fireplace. Gas included. Call 301-894-8524

TEMPLE HILLS—Very nice home to shr. Furn. rm. All utils. & cable incl. Lv. msg., we will return calls promptly 571-221-9567

Temple Hills **$1125**

Nice 2 BR Condo

Walk to Metro. Near shopping malls. Section 8 accepted.

- Washer & Dryer
- Dishwasher
- Patio
- Fully Carpeted

Call for appt.
A.J. Blackman **703-772-8597**

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Tysons Corner—Spacious 1BR & 2BRs starting at $1400. Fully renovated high end units. Deluxe fitness center w/sauna, year-round pool & tennis facilities. Fully equipped business center, express shuttle to METRO. Just mins from Tysons Corner Center. For appt, **Call Howard at 703-473-1050**
www.apartments.com/renaissance2230

VIENNA, VA **EHO**

VIENNA PARK

- Park-like setting
- Wall-to-wall Carpet
- Enormous Balconies
- Huge living rooms
- Swimming pool
- Play areas
- Minutes to metro

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A Southern Management Community

W. SPRFLD—2LVL, 2BR TH, in Carnal Forest. Nr Metro, bus, schools $1350/m 703-912-6424

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WOODBRIDGE—4lvl TH w/3BR w/1 extra rm in bsmt, 3½BA. Great water view! $1800. **202-437-0084**

WOODBRIDGE — Brand new SFH, 5BR, 5BA, conv. loc'd nr 95 & PW Co. Pkwy. $2399/mo. 703-627-5226.

WOODBRIDGE—SHORT TERM. SFH w/2.5 ac yrd. Until Oct. 31. $1600 14800 Courage Dr. 703-850-8142.

WOODBRIDGE— TH. 3 lvl, 3 BR, 1 ofc rm. 1½ BA. Oscar, 571-259-9696 Reyna, 703-398-5351

WOODLEY PARK/ZOO—1BR. Indr pkg. Swim pool/exer. rm. All utl incl.
1 blk. Metro. $1800. 202 957-1857

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2 BLOCKS TO BEACH

Contemporary home in 'The Pines', being offered furnished. Never rented, but good potential

- 4 Bedrooms 3 Baths & FR
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- Decked Rear Yard w/ Hot Tub
- Garage

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800-242-4213

ROOMMATES

ANNAN—House to share by NOVA campus. 3 rms. avail. for F's. W/D. $650 ea. incl utils. 571-228-6221

BETH—Share 3BR condo. Wlkg dist to Grosvenor Metro, close to Malls. $700 & $650, utils incl. Call 202-486-9237 202-458-7833

CAP HTS—Clean, quiet, wlk to Metro, $125/week. Security deposit required. Call , 301-868-7329

CENTREVILLE—Prof M/F to shr 3lvl TH. N/S. Bsmt or room. Both w/pvt FBA. $500/mo. **703-830-7409**

COLLEGE PK—Furnished room avail in house to share, 2 rms on upper lvl, 1 in bsmt $500-$600. 301-442-2496; 301-935-2721

DOWNTOWN/NW—Nsmkg F shr renov TH, furn rms, W/W, W/D, cable wired, Metro, sec dep., net rents start $385 incl utils. 202-232-1127

DUP CIR E.—n/s M/F to shr hse on busline, nr Metros. W/D, cable. $645+1/4 utils. 202-659-4852

FAIRFAX CITY—prof. M/F to share 3 level TH, N/S, LL, BA, sitting room. No pets. $485+1/4 util, 703-385-0248, 703-343-3568

FALLS CH/TYSONS—F, share condo, walk to shops, prkg, busline, $450-$550 incls utils. Avail now. Call 703-599-7931.

LARGO—House to shr, 1 rm. $299, lg. $350. Nonsmkg M. Close to shopg & Metro. 301-219-4171

LARGO/KETTERING—1 Furn'd rm, Bath, in bsmt of lge TH for person. Share Kitc. $600 incl utls, + 1 mo secur dep. Call 301-675-9073.

LAUREL—Resp prof. N/S roommate share lux. SFH, wlk-in clst, free cbl/intrnt. Cls to everything.Avl. ASAP. 301-776-0464

NE/M PROF N/S— LG 4BR 2½BA hse nr Ft Totten. Maid svc. **BSMT AVL.** Sh. kit., pvt BA/entr., study, wlk-in clst, w/w crpt. All utls incl. **Carport prkng.** $895/mo 202-494-3692

OLNEY—F to shr contemporary TH. Pvt BR & BA fully furn. W/D, cable tv, pool, prkg & utils incl. $750/mo Avail Now. **301-213-1179**

ROCKVILLE/ASPEN HILL —Hse to shr, rms avail., $500-$550, utils incl., hse rec renov., 1 mo dep, no pets, close to bus/Metro/shpg. Call Tony at 301-758-7361

ROCKVILLE—Share House. Nr Transp/Shops. No Smkng or Pets. Lge MBR w/private BA, patio, $559+; BR w/pvt BA, Kitc, entrance, Deck, $659+. Both avail 6/1. **240-351-5150**

SIL SPG— Remod bsmt 1BR, 1FB, M to shr kit & LR, pvt ent, all utls inc $579. 301-768-9696; 301 879-0433

SIL SPG— WALK TO METRO, Professional Female to share wonderful hse. BR/$495 N-Smkg/ N/P. Includes utilities. 301-593-2435.

Tak Pk— F to shr hse. Quiet nghbrhd. Close to Transp & shops. All utils incl $500/mo. 301-717-9057

VIENNA/OAKTON—Nr Metro. M/F to shr N/S quiet 3BR lux decor TH. Full amens. W/D, WiFi LAN, D/W, Fp, wooded garden, prkng, nr I66/123/Metro (5 min)/Bus Rt. $645+ 1/3 utils. Avl Now. 703-582-7295

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Paul Marston 202-247-1825
Long & Foster **301-650-4400**

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Renovated 1BR/1BA. 5500 Homes Run Pky, #1408. $219,000. 703-370-8066

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EASY DOES IT!

Light-filled 1 bd, 1 ba condo in beautiful Braddock Place.Wonderful value!

- Granite Countertops
- New Blinds
- Walk In Closet
- Close to Metro!

Call Shawn Harris to see this beauty 703-338-4162.
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ARL/Clarendon Metro— Lux 2BR, 2 BA. 1 yr old. Great amens. $609K. **Jobin Realty, 703 628-3217**

ARL— Must see a brand new lux design 2 BR, 2 BA w/den condo. Ceramic tile, ss appls, all custom work. $365K. Call Chris Logan, 240-476-3050.

ARL N. **$599,999**

2BR, 2BA unit in new Odyssey condo at Courthouse Metro. Garage parking, spectacular views from private balcony, all amenities. 2001 N. 15th St., Unit 308. Open 6/4 - 1-4PM. Call 703-351-8095.
Weichert, Realtors

ARL N/Rosslyn/River Place— LRG STUDIO, Furn. $165,000. Incld new fitness cntr. Wlk Metro. Other units avl. Beth, Arlington Realty:
703-944-9706 703-836-4610

ARL N

SHORT WALK TO METRO!

Efficiencies from $185K; 1 Bedroom from $270K; 2BR from $269,900
Marion Cloud **703-314-7033**
RE/MAX ALLEGIANCE

ARL/ROSSLYN **$209,950**

for sale. Newly remodeled spectacular studio 476 s.f. w/views of the pool. Owner wants quick sale. 703 587-4071

Arlington/Ballston Metro **$559,000**

Built in 2004 - 1188 sq.ft 2BR/2BA w/Parking

'The Continental' 851 N.Glebe#917. FirePlace. BusinessCntr. Pool. Gym. Theatre. 703.402.5446

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Arlington, VA 22206

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butterfieldhouse.com **202-544-0021**

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Carol Harris REMAX **202-338-1996**

DC **$359,000**

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FREDERICKSBURG/ORANGE **$129,000**

2 BR CONDOS (NO MONEY DOWN)

Payments as low as $600.
Karen Rollings 301-774-0377 Re/Max

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NEWLY BUILT-1075 sq.ft - 2 Bedroom

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Commuter's dream condo w/ panoramic view of the Potomac!

- 1 BR/1BA
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- Hardwood
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- Pool, Patio, Gazebo
- Fitness Center
- Mt. Vernon Trail Access

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MarinaTowers907@gmail.com

NW/LOGAN/906 T ST, $500'sK—Spac 2 lvl loft unit, brand new. 2BR, 2½BA, 2 FPs, wd flrs., study, 1 prkg, upgraded kit. Sylvia, 202-549-7459.

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Alex/Cameron Station $645,000
Top of the line home! Granite & maple kitchen, hardwoods, 3br 3.5ba 2car gar! Fm 395, Duke St E, R Cameron Station Blvd Thru Circle to 306. Call 703-795-6011
WEICHERT, Realtors 703-760-8880

Alex/Cameron Station $639,000
Elegant brick townhome w/3BR, 3.5BA, 2car gar, 4 levels of luxury for less! Granite & hardwoods! Fm 395, Duke St E, R Cameron Station Blvd. Home on left. Call 703-795-6011
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2BR 2BA W/LOFT, HUGE BALCONY & GAR. SPACE!

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3BR 2.5BA TH W/BRICK PATIO & GARAGE!

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sZ06 **WEICHERT, Realtors 703-760-8880**

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438 Stanton Place, Alex., VA 22304
Immaculate 4-level garage townhome. 3 bedrooms, 2.5 baths with all of the finishing touches. Easy DC commute with Metro rail within walking distance. Call for a private tour.
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2BR + den, 2 BA, 3-story end unit all brk. TH. Metro & Rt. 66 accessible. Call for appt. to view this beaut. property. 703 741-7616

ARL N/Waycroft $625,000
PRICE REDUCED!
Walk to Ballston Metro. Charming all brick Cape Cod, 3BR, 1FB, 1HB. Wood flrs, woodburning FP, main lvl bedrooms, upper lvl master. Detached brick 1 car gar. 1 mile to Ballston. Open 1-4. For more info contact: Lisa Koch 703-801-7156. From Ballston area: N. on Glebe Rd, L. on 17th St, L. on N. Woodstock to 1628 on R.
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$328,500
Classic Colonial all-brick 2-level townhome. 1BR/1BA with superior finishing touches! Deck, pool, tennis, fabulous grounds. Walk to movies, grocery, restaurants & shops. For details call:
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Arlington Forest 'Jewel'.3 bd,1 ba,1/4 acre flat lot.Gorgeous gourmet kit w/granite.Hardwoods. Call Shawn Harris to see this beauty 703-338-4162.
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Beautifully landscaped, 4-BR, 3 full BA, split foyer w/gar. Pond w/koi. Mint cond. Closing help. By owner. Will co-op. 301-249-8538

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SFH, 5BR, 3½BA, Frplc, 2 car grg, 3 fin lvls, wlk/out, MLS PW5574681. NOVA Homes Linda 703-915-6711

Brandywine, MD $401,900
Land 4.5 acres. Call Shirley,
240-508-9096 C21 Home Center

Centreville $349,000
Perfect TH, completely remodeled from windows to BA's, flooring & painting & new appl. 703-968-3912 or 703-981-1195 **14431 Golden Oak Court**

CHES BAY/Calvert Co— Waterfront cottage, 2nd flr loft, sweeping bay views upstairs & down. 32 miles from DC. Call Kyle, 301-751-0495

CHESAPEAKE BAY WATERFRONT RENTALS—3-BR house or 2-br waterfront condo. Wkly or bi-wkly. Call 800-992-0315

CLEARMONT, FLA—FSBO. Beaut house. 15 min. from Disney Park. 4BRs, possible 5th, 2.5BA, EIK, DR, LR, Cath ceil., laun rm., 2 car gar., ingrnd, scrnd pool. $299,000. Inquire: 201-790-2943

CLINTON— 4 yr old Colonial, 4BR, 2FBA, 2HBA, Mstr ste, Super Bath w/jacuzzi, w-i closets, formal liv & din rms, gourmet Kitc w/SS appls. Fam rm w/gas Fpl. Hdwd flrs. Fin'd Bsmt w/exerc & theatre rms, deck, 2-car gar. Call Bethea at 240-462-6456. Century 21/Home Center, 301-552-3000.

COLLEGE PARK JUST LISTED $440,000
5BR, 3FBA, 2Kitc, hdwd flrs, w/w crpt. 2 Apts or 1 home, your choice. **8721 36th Ave (20740)**
Call Mrs Craven, 301-704-5214 Long & Foster

DEANWOOD $289,000
2BR, 2BA, many upgrades. CLARK & ASSOCIATES REAL ESTATE, 301-595-5529. For more info call, LEIA BUTLER, 301-346-4083

DEWEY— Beach hse. Ocean block w/ocean view. 4 BR, 4 FBA. Avail Aug 19-26, Aug 26-Sept 2, Sept 2-9, $3500/week. Call 703-757-0230

DISTRICT HTS—Lovely 3 lvl TH w/3BR, 2FBA, 2HBA, fin bsmt, call Joyce Elam RE/MAX Allegiance 301-918-3441

DUCK, NC — 4 Seasons, 6-BR, 7-BA, private pool/ hot tub: Available 6/3, 7/8, 7/29, 8/5.
perry@lmssi.com 757-496-2115

Fairfax City OPEN 1-4 $1,144,000
3 Levels of Luxury
4BR, 4.5 BA Georgian Col in elegant Farrcroft just steps from Old Town! Designed for any lifestyle w/2 MBRs, 20 ft FR, Loft, granite, hdwds, daylite w/o lower lvl w/3 huge rooms + bath & mini kit.
Call Patsy 703-201-3673 Re/Max Allegiance
Dir: From 66W>Rte 50 East> Lt Main St>Lt Old Lee Hwy>Rt Farrcroft Dr. to 10094.

Fairfax City $1,144,000
3 Levels of Luxury
4BR, 4.5 BA Georgian Col in elegant Farrcroft just steps from Old Town! Designed for any lifestyle w/2 MBRs, 20 ft FR, Loft, granite, hdwds, daylite w/o lower lvl w/3 huge rooms + bath & mini kit. Call Patsy-703-201-3673 Re/Max Allegiance. Dir: From 66W>Rte 50 East> Lt Main St>Lt Old Lee Hwy>Rt Farrcroft Dr. to 10094.

Fairfax $359,000
CHARMING 2LVL 3/2.5 TH!!
HUGE kitch, patio, attic, walk to VRE, home wrnty, Owner/Agent, 5583 Hecate Ct, 703-989-0992

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MOVE IN NOW!
Rambler/Excellent condition. All new kitchen and bath, many other upgrades.
Call Kit Britton, Re/Max Allegiance
703-585-7227.

FALLS CHURCH/BAILEY'S X-RDS
TH. FSBO. 4 yr old. 4BR. 3.5BA. 2 car gar. hdwd flrs. gourmet kit., 10 mins from DC. $550,000 - Best price in neighb. Call to see, 703-505-4211

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Colonial Beauty
Excellent condition
- 4 Bedrooms, 2.5 Baths
- Finished Bsmt w/ Rec Room
- Family Room, 2-Car Garage
- Only 10-yrs-old

Backs to parkland
Patricia Holt - RE/MAX One
301-858-0033 301-464-0044

FT WASH $340,000
$5000 Closing Help Lovely Immac. all brick 1 lvl Rambler. 3BR. 2 full BA. levelled back yard. 301-379-3073

GERMANTOWN $569,000-Built in 2000 SFH,3 lge BRs, 2½BA, fully fin lwr lvl, open flr plan, gourmet kit, bright lge windows. Call Jai Kim 202-425-8321; Keller Williams Realty 240-514-1500 X 1529.

GERMANTOWN $725,900— Gorg NV Home built 2000. 4BR, 3½BA, 2 story foyer, gourm kit w/Corian cntrtops, new paint, 2-car gar. J. Kim 202-425-8321; Keller Williams Realty 240-514-1500 X 1529.

GERMANTOWN—2 story, 4BR, 2½BA w/ lge fncd yd., 2 car gar., 3,000sqft., nr 270. $555,000. 202-905-3077

Hyattsville/New Carrollton $384,600
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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

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Transportation

Law enforcement looking to Segways to scoot away crime

A Bumpy Road

RIC FRANCIS

COP ON WHEELS: Transit Security Officer Marco Orduno uses a Segway in L.A.

Thieves used to break into as many as five cars a week in the parking garage at Los Angeles' Union Station. Then the Metropolitan Transportation Authority came up with a simple solution: It put a security officer on a Segway Human Transporter.

"The first day that one of the security officers was on the device was pretty much the last day there was a break-in," said Robin Blair, a transportation planning manager for the MTA, which owns about 19 Segways.

Although the electric, self-balancing Segway scooter never quite caught on with commuters the way its backers had predicted five years ago, the gizmo has found a growing market among law-enforcement agencies, with more than 100 departments around the world now signed on as customers and many others testing the device.

The niche market, coupled with a burst of interest from Europeans struggling with gas prices much higher than in the U.S., have breathed new life into the Segway.

In Los Angeles County, MTA's Blair said officers prize it because it allows them to stand a head taller than they would on foot, so they can see over crowds and cars and project a more prominent presence at events like the Rose Bowl parade.

The scooters, which travel as fast as 12.5 mph, also allow an officer on patrol to cover a much greater distance than on foot, and go indoors, onto elevators and other places bigger vehicles can't. Blair said the added efficiency allows a force to cut down on the number of patrol officers on each shift and recoup the Segway's cost in as quickly as a month.

In other applications, several bomb squads such as those in Ventura County, Calif., and Little Rock, Ark., are using Segways to transport officers in bombproof and hazardous-material suits that can weigh as much as 100 pounds. The Segway allows them to scoot in and out of a scene quickly, without having to waddle in on foot in the bulky suits. Segway marketing Vice President Klee Kleber said emergency workers responded to the London bombings last year on Segways, as traffic clogged the routes for larger vehicles.

But despite the enthusiasm among law enforcement and robotics researchers, the interest in the Segway is still a far cry from what its supporters had predicted when it was unveiled five years ago, bursting onto the frenzied technology scene in a debut that belongs in the hype hall of fame.

Its inventor, Dean Kamen, famously predicted in a 2001 Time magazine interview that the Segway "will be to the car what the car was to the horse and buggy." In the same story, venture capitalist John Doerr predicted the company would be the fastest ever to reach $1 billion in sales. (At today's prices, the company would have to sell somewhere around 175,000 to 250,000 units per year for the Segway to rack up $1 billion in sales.)

The company's critics believe Segway's continued silence regarding its finances is an indication it is still not profitable, especially given the reported $100 million spent developing it. But after its launch, the Segway found itself on a bumpy road, including a product recall and the departure of three CEOs since 2002. The device is still expensive even five years later, retailing for between about $4,000 and $5,700.

Mark Witaschek, a partner at the wealth-management firm Harbor Group Inc. in Segway's hometown of Bedford, N.H., has been following the company closely since his wife was hired to help market the Segway in Europe a few years ago. He calls it a classic "chicken and egg" situation: The Segway will not gain broad appeal until its price comes down, but the company won't be able to bring the price down until it is able to produce the scooter on a much larger scale.

Focusing on the police and security market is "not going to gain enough sales ... to warrant the kind of numbers you need to raise money in an IPO and show it as a moneymaking operation," Witaschek said. "Just the same as Ford or General Motors; (they) could not survive if they only sold police cars." MICHAEL P. REGAN (AP)

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Faith Lutheran is located 3313 Arlington Blvd. for more details visit our web site www.Faithlutheranarlington.org or give us a call at 703-525-9283.

LOOK out

Jukeboxes Get Juiced

Technology

Internet-enabled jukeboxes give you more for your quarter

Boston's The Sevens, a beer-and-wine tavern with an oak bar worn smooth by decades of drinkers, has two amenities that set it apart: a real cork dart board, and arguably one of the best jukeboxes east of the Mississippi River.

From early Bruce Springsteen and Patsy Cline to rare Rolling Stones tunes, the jukebox — more than the darts or the dark wood benches — sets a rollicking mood that pulls people through the door. This spring, the tavern took a leap into the digital age with a new Internet-fueled jukebox that can access hundreds of thousands of songs.

"I love it," said James McCarthy, 39, a kitchen worker who feeds the wall-mounted machine $25 a night to keep his toes tapping behind the bar. "You can go back and forth from hearing old Aerosmith to all of the sudden you'll hear C+C Music Factory to country-western."

> "You can go back and forth from hearing old Aerosmith to ... C+C Music Factory to country-western."
>
> JAMES MCCARTHY
> INTERNET JUKEBOX FAN

At tens of thousands of bars and restaurants in the United States, patrons can now listen to songs stored on hard drives or downloaded from remote servers. Some find the change a refreshing departure from the limited selection of records or CDs of old jukeboxes.

Others lament the transformation of an American icon. They say the smaller collections of compact discs or 45s in traditional jukeboxes gave barrooms a distinct feel that gets washed away by the new technology's nearly unlimited choice and flashy screens reminiscent of video poker machines.

CHARLES KRUPA/AP

Kate Nies chooses a song on an album-based jukebox to make her shift go faster.

"I feel like you have the option to find more songs, but there's not as much personality," said Kate Nies, 26, who feeds her dollars to a traditional jukebox in Charlie's Kitchen in Harvard Square in Cambridge.

There are drawbacks to the Internet models. Not all artists have licensing agreements with manufacturers, leaving noticeable gaps in the online libraries. Springsteen, Led Zeppelin, the Beatles and Billy Joel haven't signed on, for example.

Others have complained that the jukeboxes can offer some patrons too many choices. After a few cocktails, a barfly may subject other patrons to albums that were better forgotten — perhaps a Devo, Meatloaf or a nonsensical Frank Zappa record.

"The one guy who is a Frank Zappa nut is going to love it," said John Papa, owner of the National Jukebox Exchange in Mayfield, New York, which sells and restores classics. "But everybody else is going to be saying, 'What the heck?'"

At the Sevens in Boston, McCarthy said that the diversity is the new jukebox's strength. He no longer hears Johnny Cash's "Ring of Fire" at least eight times a night, as he did with the old CD model.

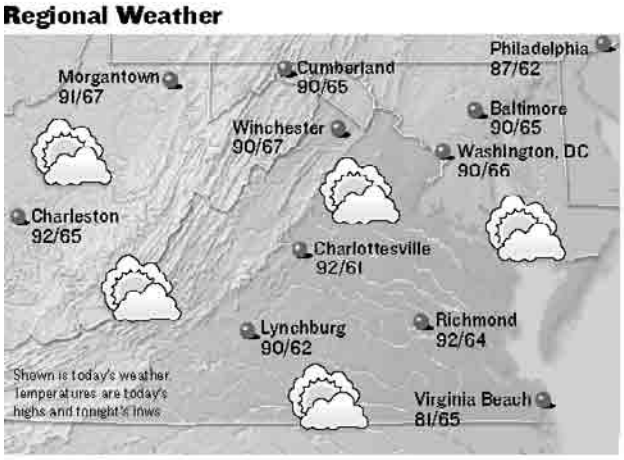
The online catalog includes so many obscure tracks, McCarthy says he found something by the Pittsburgh symphony and two albums from the Ohio State Marching Band.

"I think you only need one Ohio State Marching Band," McCarthy said. "I don't think too many people come in and say, 'You know what, I really need to hear a good marching band.'" ANDREW RYAN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, hot, humid	Partly cloudy	Partly sunny, warm, humid	An afternoon thunderstorm	Showers and a thunderstorm	Partly sunny, breezy
90°	66°	83° / 66°	80° / 65°	76° / 59°	78° / 60°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	87°
Low	64°
Normal high	79°
Normal low	60°
Average humidity	60%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.21"
Normal month to date	3.58"
Year to date	11.07"
Last year to date	18.32"
Normal year to date	15.79"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

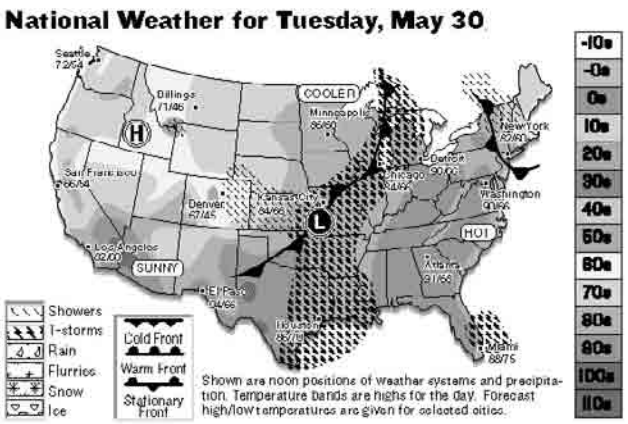
D.C. Metro: Today, partly sunny, hot, humid. High 90. Wind southeast 4-8 mph. Tonight, partly cloudy, mild. Low 66. Wind east-southeast 4-8 mph.

Sun and Moon

Sunrise today	5:46 a.m.
Sunset tonight	8:26 p.m.
Moonrise today	8:28 a.m.
Moonset today	none

First	Full	Last	New
June 3	June 11	June 18	June 25

National Weather for Tuesday, May 30



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	91/68/pc	91/68/t
Boston	63/54/pc	64/58/pc
Chicago	84/66/t	78/58/t
Dallas	90/70/t	88/66/pc
Denver	67/45/r	77/51/pc
Honolulu	86/70/s	86/72/s
Los Angeles	82/60/s	82/60/s
Miami	88/75/pc	86/74/pc
New York City	82/60/t	73/62/pc
Orlando	90/70/t	90/70/t
Seattle	72/54/pc	70/54/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	56/48/c	57/46/pc
Athens	86/66/s	84/64/t
Berlin	58/46/c	57/43/pc
Buenos Aires	57/50/c	60/54/pc
Calgary	65/43/pc	69/48/s
Dublin	57/41/pc	61/46/pc
Geneva	58/46/c	48/37/pc
Moscow	58/42/c	53/49/r
Rome	74/52/pc	75/54/pc
Sydney	61/52/pc	63/50/pc
Tokyo	77/63/pc	79/64/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

Bikini Bio

New book tells the story of the two-piece

This 2001 Louis Vuitton bikini is featured in a new book about the suit.

ASSOULINE

Walt Disney wouldn't allow Annette Funicello to wear an actual bikini until the last film of the "Bikini Beach" series: Usually she was required to cover her navel.

File under Fad

It figures: The bikini was created by men. It happened 60 years ago in — again, no surprise here — France.

But it's women, and largely Hollywood stars of the 1950s, who embraced the belly-baring bathing suit and haven't let go.

Kelly Killoren Bensimon, a model-turned-magazine editor, wrote "The Bikini Book" (Assouline), which aims to document the substantial significance the tiny two-piece has had on the world since Jacques Heim and Louis Reard introduced competing versions of the small suit.

What sets the bikini apart from other two-piece bathing suits is its miniature size. (Killoren Bensimon defines a bikini as anything that dips below the belly button.)

Women in bandeau tops and separate bottoms were depicted in ancient wall paintings dating back to 1400 B.C., Killoren Bensimon reports. Burlesque and vaudeville performers wore two-piece outfits in the 1920s and in 1932 French designer Madeleine Vionnet offered an exposed midriff in an evening gown. Then, in 1935, American designer Claire McCardell cut out the side panels of a maillot-style bathing suit that's seen as the bikini's forerunner.

But when Reard presented "le bikini" at a Paris swimming pool in the summer of 1946, he couldn't even find a model to wear it. Instead, Micheline Bernardini, a stripper-dancer, put it on — and created a global sensation.

The name "bikini" came from another historic event: The testing of atomic bombs on the Bikini atoll in the South Pacific that same summer. Bensimon says that it was common during the World War II era for pop culture to borrow words from military lingo — hence, "blonde bombshell," for example.

The author proves her personal affinity with the bikini before readers even get to Chapter 1. There's a photo of the statuesque Killoren Bensimon in a brown string bikini top and skimpy bottoms held together at the hips by wide rings in the surf of Cabo San Lucas, Mexico, with one of her two daughters, who also is in a bikini.

Movies have been an important part of the bikini's history — and they continue that role today. Aside from Bardot's "And God Created Women," bikini images burned into our minds include Ursula Andress in "Dr. No" and Halle Berry who re-created that look 40 years later in another James Bond flick, "Die Another Day."

Then came the Sports Illustrated swimsuit covers — and later swimsuit issues — and Cheryl Tiegs posters. This is around the same time Olympic swimmer Mark Spitz made headlines in the lowest-cut men's bikini to date, the Lycra Speedo.

Killoren Bensimon pushed to include men in the book. Many of the pictures are of European playboy types, she notes, mostly because they're the ones who tend to wear bikinis.

Who else wears bikinis?

"Any woman can wear a bikini." she says. "There are so many choices. If you need a bigger top, you get a smaller bottom. If you need a bigger bottom, you get a smaller top. You make it your own."

SAMANTHA CRITCHELL (AP)

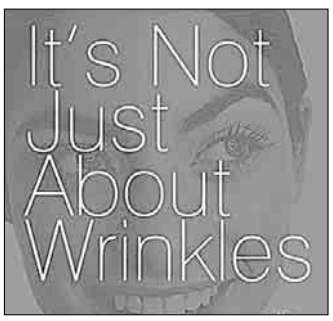
Home

Cut Happy

If you can't cut a straight line without a T-square and an Exacto, the **SCOTCH PAPER CUTTER** ($6.50) might save you some angst when packages need wrapping or a deranged perfectionist with a loaded gun needs you to clip coupons. The pen-sized gizmo conceals a blade that we were unable to reach with probing fingers and, thus, unable to cut ourselves on. (But keep it away from kids.) The cutter sliced through regular paper like it was butter, though cardstock ended up with a ragged edge. It's far easier to hold straight than a pair of scissors, too. Just aim and go. Exhilarating!

HOLLY J. MORRIS (EXPRESS)

Beauty



It's About Cancer, Too

"IT'S NOT JUST ABOUT WRINKLES" ($25, Stewart, Tabori & Chang) should be subtitled, "Actually, It's About ME, Dr. Neal Schultz, Park Avenue Dermatologist." But though the book is written in first person and mentions the good doctor's skincare line, Stallex, a bit often, it does contain much solid, unbiased wisdom. We were particularly fond of a full-color chart comparing types of skin malignancies, a list of facial cleansers from least to most irritating, and the diagrams of hideous skin deformities, such as wrinkles, that stand in the way of looking 25 forever. H.J.M.

Look out Online

from readexpress.com

Metro's Prize Giveaway

METRO | As part of Metro's 30th anniversary celebration, the transit agency's "prize patrol" assembled at the **FARRAGUT NORTH** station around lunchtime on Friday to pass out Metro-themed knick-knacks like keychains, notepads, lapel pins, train-shaped squeeze toys or baseball caps to a few lucky commuters. It's part of a year-long prize giveaway that happens once a month. But a **FREE RIDE** commenter, **AUA**, says Metro gift givers could be doing a lot better in their offerings: "I could use a pre-loaded SmarTrip card much more than a keychain ... on account of, you know, I ride the Metro."

Perhaps Metro could take some tips from the Publisher's Clearinghouse Prize Patrol and give out cash. What do you think? Let us know at **COMMENTS@READEXPRESS.COM.** MICHAEL GRASS (EXPRESS)

CITYSCAPES | If you walk down Connecticut Avenue just south of **DUPONT CIRCLE**, you're likely to walk by No. 1331 and not notice it. But that address was once home to **ALEXANDER GRAHAM BELL**, the inventor of the telephone, who spent many years in the nation's capital working on behalf of the deaf and hard of hearing. In 1892, he built a stately residence at No. 1331, complete with an entertainment wing where he would host the great minds and thinkers of the day for Wednesday evening gatherings in the winter. It was here where Bell invented an early form of air conditioning. The house was torn down, however, in 1930 to make way for a fairly plain commercial structure we see today, home to a dry cleaner and Fatty's Tattooz. M.G.

MICHAEL GRASS/EXPRESS

Thousands visited the Vietnam Veterans Memorial over the weekend.

➜ Coming up today

While it's a lot easier to visit the Vietnam Veterans Memorial on a day when it's less crowded, it gains a whole new meaning if you walk past it with thousands of veterans over Memorial Day weekend.

? Poll Center

TODAY'S QUESTION

Should the U.S. close the Guantanamo Bay prison camp?

1. Yes
2. No

FRIDAY'S RESULTS

Should protesters be barred from military funerals?

YES	NO
82	18

CAST YOUR VOTE ON TODAY'S POLL QUESTION AND SEE YOUR FELLOW READERS' VOTES TALLIED BY METRO STATION AT **READEXPRESS.COM/POLLCENTER.PHP**

THE Blog LOG

"This revelation — I believe — is the key to understanding and appreciating Millett's work."

DCARTNEWS.BLOGSPOT.COM SAYING ART LOVERS NEED TO KNOW THAT ARTIST CRISTIN MILLETT GREW UP IN A "MEDICAL HOUSEHOLD" IN ORDER TO GET THE POINT OF HER SOLO SHOW, AN INSTALLATION NAMED "TEATRO ANATOMICO," AT THE ARLINGTON ARTS CENTERR. THE WRITER ALSO REBUTTS ANOTHER CRITIC WHO CRITICIZED THE CENTER'S SOLO EXHIBITION AS"'UNDERWELMING."

In Their Defense

"These people are kind, thoughtful, intelligent, and clear-sighted, nothing like the stereotypes my mother described to me, nothing like the poor messed-up guys who went crazy in Vietnam."

GOLDPOPPY.BLOGSPOT.COM HAS A DIFFERENT IMPRESSION OF PEOPLE WHO SERVE IN THE MILITARY SINCE MOVING TO THE D.C. AREA AND LIVING AND WORKING SIDE-BY-SIDE WITH MEN AND WOMEN IN UNIFORM.

Fight for Your Whites

"In honor of the bank holiday honoring the numerous war dead, you may now wear white again, at least until Labor Day, when it's time to honor the socialists."

HOMEIMPROVEMENTNINJA.BLOGSPOT.COM NOTES THAT OUR SOLEMN DAY OF REMEMBRANCE ON MEMORIAL DAY ALSO HAS IMPORTANT FASHION IMPLICATIONS.

20th Century Fox

suspect Gov. Wallace would be on Hannity and Colmes, and Hannity would ask him tough questions like ... 'What would you say to the Communists and hippies who make up the left when they say that using firehoses on the protesters was going too far?'"

BLOG.ALTHIPPO.COM IMAGINES WHAT WOULD HAPPEN IF THE 1968 UNIVERSITY OF ALABAMA PROTESTS HAD OCCURRED IN RECENT TIMES.

"Berkeley Springs is a rural community ... We noticed four real-estate companies and a bunch of for-sale and for-rent signs. It certainly appeared to be bubblicious."

BUBBLEMETER.BLOGSPOT.COM TOOK A TRIP TO WEST VIRGINIA OVER THE WEEKEND, AND FOUND EVIDENCE OF A HOUSING MARKET BUBBLE EFFECT EVEN IN THE MOUNTAIN STATE.

DO

SEE WHAT EVERYONE ELSE IS LOOKING AT. The Swarm (swarmthe.com) is a graphical representation of which sites people are going to (or, at least, Firefox users, since that's where it gets its data from). As sites are visited more than others, they move to the center of the screen. Worthwhile? Dunno. Looks cool.

Live Online | Dan Piraro

Cartoonist **DAN PIRARO** ("Bizarro") was online Friday from the National Cartoonists Society Convention to talk about his work. | **washingtonpost.com/liveonline**

I noticed you're one of the few people who still use a brush and ink and don't do any computer alteration. What do you think of other people using brush pens and Photoshop? Do you think it cheapens the art overall?

I use a brush and ink to draw with, but color all my work in Photoshop. It's a necessity these days, the way the industry works, to be able to use a computer. Even if you send old-fashioned, water color art, someone down the line will approximate it in Photoshop, so you're better off doing it yourself. I'm not one to eschew technology. There is always an argument against something new, but eventually everyone adopts it and moves on. They then argue about the next new thing. Doesn't bother me, as long as the final product is good and worth looking at.

Has anyone ever stolen one of your ideas?

There are only five original cartoon ideas, all written by Euripedes in 450 B.C. All cartoons since then have been variations on those themes.

Do you hate people in general? You seem to think everyone is stupid, which is why your strip is funny, I guess. But are you a misanthrope?

I like people individually and have lots of friends, but as a species, I think humans are reprehensible, yes. And I do tend to be misanthropic. Thoughtlessness and arrogance bug me no end and there is no shortage of those two traits in us humans, to be certain.

Please pick one or more of your fellow cartoonists and provide us with your honest evaluation.

I think "Bizarro" is one of the best drawn and funniest cartoons ever. How does he do it day after day, year after year? The guy must be a god, or at least a genius. And he is sexy and tall, too.

➜ Today on Live Online

11 A.M. The Post's Joel Achenbach fields questions and comments about global warming skeptics.

Look out

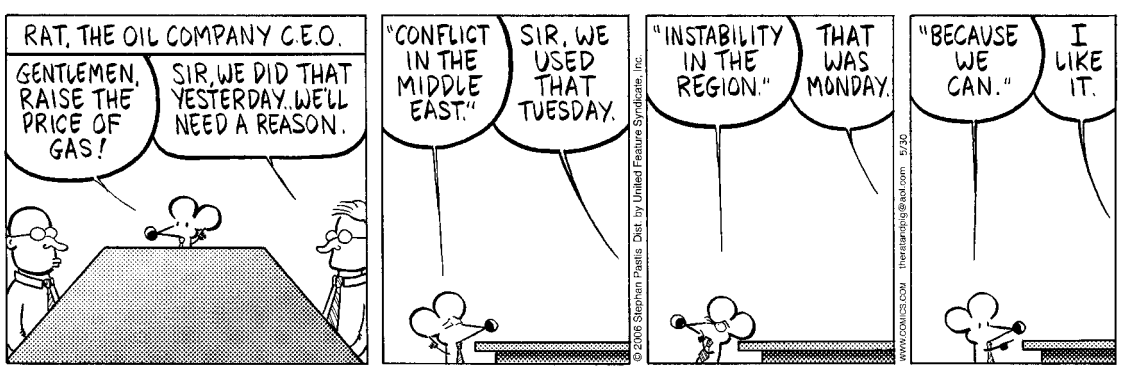
Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

"The research proves tall rats are more confident than short rats. At least I think it does. I've never been good at this."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

GEMINI (May 21-June 20) It's important that you don't make the mistake of looking at a rational, professional situation from an emotional, personal viewpoint.

CANCER (June 21-July 22) Someone else will see strength in you where you see only weakness. Do what he or she tells you to do.

LEO (July 23-Aug. 22) Someone may be more critical of you and your efforts than expected, but you must be able to forge ahead regardless.

VIRGO (Aug. 23-Sept. 22) Things will appear clearer to you the closer you are to the center of the situation. It's not for you to be on the outskirts.

LIBRA (Sept. 23-Oct. 22) If you expect others to take you seriously, you will have to put it all on the line. Now is the time to go for broke.

SCORPIO (Oct. 23-Nov. 21) Don't settle for anything less than you know you can achieve. Once you say that's enough prematurely, you've given up a treasure.

SAGITTARIUS (Nov. 22-Dec. 21) Get down to business once again, and you must be willing to leave some activities behind if you wish to make progress on schedule.

CAPRICORN (Dec. 22-Jan. 19) That for which you've most prepared may not seem as simple and straightforward as you expected. Still, if you've been thorough, you'll succeed.

AQUARIUS (Jan. 20-Feb. 18) This is a perfect time to remember that you have made an important agreement with a friend or family member that must not be broken.

PISCES (Feb. 19-March 20) You can tackle problems with confidence, and ultimately you'll impress those around you with your ability to come in under the wire.

ARIES (March 21-April 19) You don't want to admit something to yourself that has been on your mind for some time, but is the best possible time to face the truth.

TAURUS (April 20-May 20) You mustn't let yourself become overly emotional when faced with a domestic situation that is, temporarily, beyond your control.

Letters

Overeaters Unglamorous

I SEE THAT EXPRESS has chosen to provide coverage of the so-called "sport" of competitive eating ("Fog of Hot Dogs," May 26) by interviewing one of the contestants. Am I the only one who finds it obscene to have contests in which rewards and prizes are given to those who exhibit the highest degree of wasteful, useless gluttony, considering that we live in a world where, according to the U.N.'s Food and Agriculture Organization, nearly 1 billion people don't have enough to eat and a child dies from starvation every five seconds? "Competitive eaters" should be stigmatized, not lionized.

—PARRISH S. KNIGHT
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

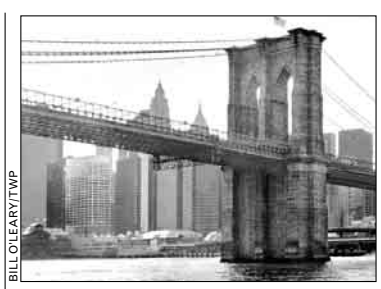
1431 Joan of Arc, condemned as a heretic, was burned at the stake in Rouen, France.

1883 12 people were trampled to death when a rumor that the recently opened Brooklyn Bridge was in imminent danger of collapsing triggered a stampede.

1911 Indianapolis saw its first long-distance auto race; Ray Harroun was the winner.

1958 Unidentified soldiers killed in World War II and the Korean conflict were buried at Arlington National Cemetery.

1986 21 elderly passengers were killed when a tour bus went out of control on a mountain road and plunged into the Walker River near the California-Nevada border.


BILL O'LEARY/TWP

Today in 1883, 12 people were trampled to death on the Brooklyn Bridge.

Look out People

ANDREW MILLIGAN/AP

The villagers are gathering pitchforks.

PESKY

It Takes a Trump to Raise the Ire of a Village

Officials in Briarcliff Manor, a village in Westchester County, N.Y., are annoyed about changes being made at **DONALD TRUMP**'s golf course. The village issued a stop-work order on revisions to the 12th hole at Trump National in April, and followed up this month with a notice of violation. The case is pending. (AP)

SO WRONG

The Skin of the Collective Unconscious Is Crawling

MICHAEL JACKSON visited a Tokyo orphanage Sunday during his first round of public appearances since being acquitted of child molestation charges last year. After weaving through dozens of fans, Jackson was ushered into a gymnasium, where more than 160 children waited with nuns. "I love you," Jackson told the crowd. Then he apparently asked his translator how to say the phrase in Japanese. Then he said: "Aishiteru!" (AP)

PAUL HAWTHORNE/GETTY IMAGES

GODDESS

And All Worship

ANGELINA JOLIE and Brad Pitt celebrated the birth of their daughter, Shiloh Nouvel Jolie-Pitt, in Namibia by donating $300,000 to the country's hospitals. The couple also pledged $15,000 for a school and a community center. "We want to contribute to Namibia and the people who have been so gracious to us at this time," they said in a statement. (AP)

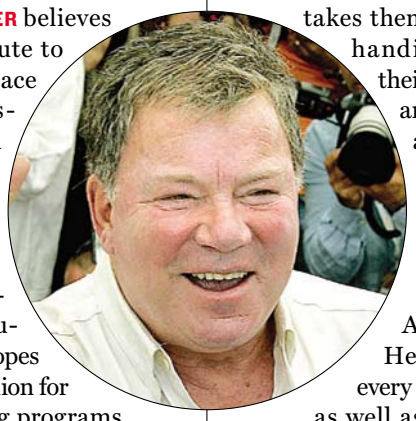
SAMPLE LYRIC

Talent I Have Not/ But I Can Say 'That's Hot'

PARIS HILTON says her upcoming album will be a mix of reggae, pop and hip-hop, with the first single being a reggae song called "Stars Are Blind." "The whole album has so much different music on it. I like all music," she told a Hong Kong magazine. "I have always had a voice and always known I could sing, but I was too shy to let it come out. I think that is the hardest thing you can do." (AP)

DO NOT SCOFF

And What If He Does Bring Peace? Then You'll Feel Bad



WILLIAM SHATNER believes he can contribute to Middle East peace by helping disabled children through horseback riding. Shatner was in Israel on Monday to promote "therapeutic riding." He hopes to raise $10 million for nearly 30 riding programs in the country. The actor said that placing injured people on horseback has been shown to improve their conditions. "We know that the use of a horse in their therapy takes them beyond their handicapped body, their injured body, and into another area of health," he said. Shatner has long been involved with "Ahead for Horses," a Los Angeles charity. He stressed that every citizen of Israel, as well as Palestinians, Jordanians and Egyptians, will be encouraged to participate. (AP)

JEFF CHRISTENSEN/AP

Who's interested in nice words about a talented young woman?

DULL STARS

Pity China, Where the Press Is Uninterested in Britney Spears' Bad Motherhood

She may be young, but Chinese actress **ZHANG ZIYI** is not afraid to speak up about what she likes as a member of the Cannes Film Festival jury. "She's very bold," Hong Kong director Wong Kar-wai, who heads this year's jury, told Hong Kong's Cable TV in an interview aired Sunday. "Even though she's very young, she's made quite a few movies. She's bold in expressing herself, so there isn't an issue of being timid because she's less experienced," Wong said of the 27-year-old Zhang. Other members of this year's Cannes jury include Samuel L. Jackson, Helena Bonham Carter, Tim Roth and Monica Bellucci. (AP)

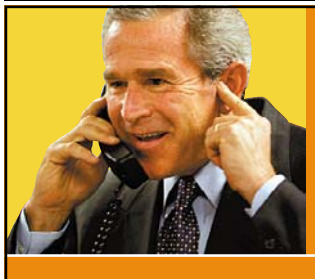


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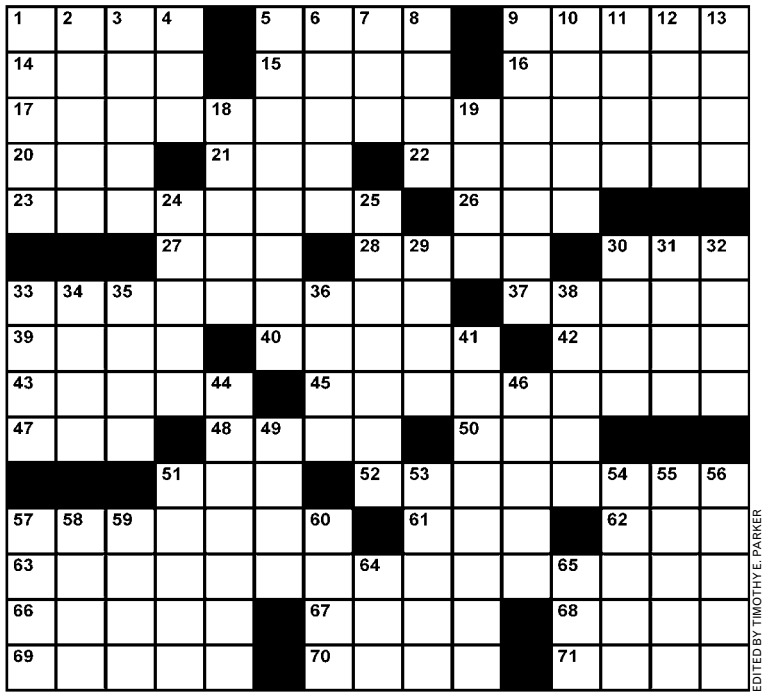
Photo Credit: AP Images

Look out

On Cue?

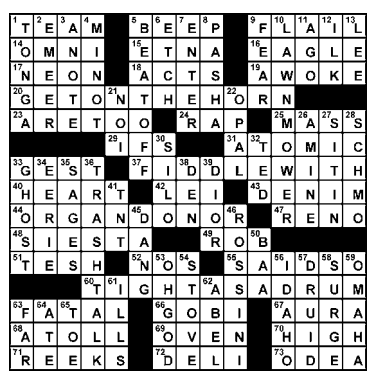


EDITED BY TIMOTHY E. PARKER

ACROSS
1 Permanently mark, in a way
5 Aurora
9 Immersion solutions
14 Fly on a hook
15 It's formed in your head
16 Glaciate, e.g.
17 Smaller and weaker, say
20 Just put on the market
21 Shogun sash
22 Sang in Tyrol, e.g.
23 River in an 1851 Leutze painting
26 "Waking ___ Devine" (1998)
27 Prohibit by law
28 One with a handle
30 View from the deck, perhaps
33 Left with fewer choices (with 45-Across)
37 Indian instrument
39 Pink-slipped
40 Strapped for cash
42 Director Ephron
43 It may be mounted
45 See 33-Across
47 Beast in the Bible
48 Adam's apple location?
50 Riddle-me-___
51 Apt name for a cook?
52 Suburb of Los Angeles
57 Take off in all directions
61 Majors in acting?
62 Sheepish cry
63 Left with no choices
66 Word with pride or duty
67 Short, pastoral poem
68 Beans go-with
69 Word with age or flight
70 Luck's title
71 Pub beverages

DOWN
1 Oxlike antelope
2 Student
3 Swimmer's stroke
4 Pronominal contraction
5 Emulates the Beatles
6 Red of firefighting fame
7 Take the plunge
8 Army opponent
9 Some school supplies
10 Took measures
11 Ducky color?
12 More than big
13 Burned rubber
18 Citizen of the 29th state
19 Great rating
24 Remain patiently
25 Repeating
29 Glacier breakaway
30 Greek colonnade
31 Peerage member
32 Shrinking Asian sea
33 Mexican peninsula
34 Split personalities?
35 Chops down
36 "Nearer My God to ___"
38 Under cover
41 Multilayer thickness
44 Rabbit food
46 Basic principle
49 Tuneful twosome
51 Unemotional
53 Beau and Jeff's dad
54 A watched pot is never this
55 Spearlike weapon
56 Relieves, as pressure
57 Anatomical pouches
58 Movie segment
59 Middle name of "The Wizard of Menlo Park"
60 Stir turbulently
64 U.S. govt. agency
65 Plan for later yrs.

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

1	5	3	4	8	2	6	7	9
6	2	4	5	9	7	1	3	8
7	8	9	1	3	6	4	2	5
4	9	2	8	5	1	3	6	7
5	6	1	2	7	3	9	8	4
3	7	8	6	4	9	2	5	1
2	4	5	9	6	8	7	1	3
8	1	7	3	2	4	5	9	6
9	3	6	7	1	5	8	4	2

5	8						2	7
	4		9		2		3	
		2				5		
9	7			8			1	5
2	1			3			6	9
		6				4		
	5		8		4		9	
4	3						8	2

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fit

NUTRITION

Red-Hot Blue

Blueberries fight aging, improve vision and will enable you to fly. Kidding ... | E6

GOODS

No-Spill Thrills

We torture-test a water bottle that promises not to leak | E3

PLUS: The DC Roller Girls on picking some kickin' wheels

express | EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | MAY 30-JUNE 5, 2006

HAPPY TRAILS

Fix up a local path, work up a sweat | E4

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

When a Healthy Step Isn't Feeling So Hot

Q Several years ago I was in a dysfunctional marriage that I knew wasn't going to last. Knowing this prompted me to go to college part-time and earn a degree that would enable me to raise my children. While still married, going to school kept my mind off my problems. I had a good GPA and plenty of drive. Now that I'm divorced, I'm still in school, but I find myself lacking the determination that I had in the beginning. My GPA has dropped, I've gained weight, and I'm sleeping more than usual. I really need to know what's wrong with me.

—IN SEARCH OF UNDERSTANDING

ERIC REECE

Even the best endeavors — furthering one's education, doing community service, putting an avocado and egg yolk mask on one's oily T-zone — can be unfulfilling if done for unfulfilling reasons. Going back to school, while a wonderful step, was only serving as a distraction for you. You did it out of fear, and couldn't fully embrace it for the growth potential it offered. Though it's good that the fear has now bitten the big one, your motivation had to go with it.

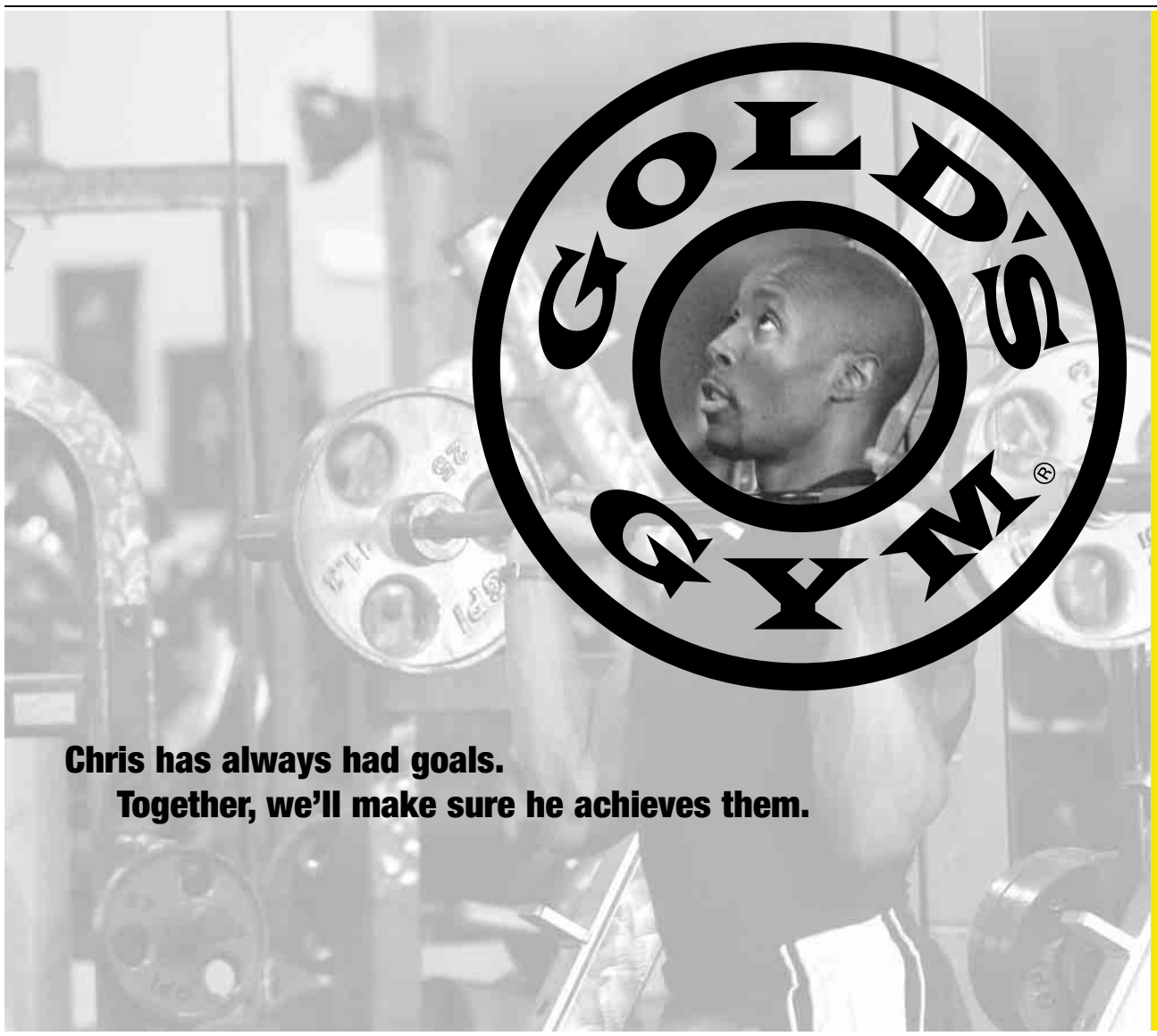
You also may be struggling with some depressive symptoms; like anyone going through the demise of a marriage, talking to a counselor would really be helpful. In doing so, you could get to the bottom of what you're really after in life, thus redefining your true goals and increasing your motivation and confidence to meet them.

Q Hey there. So a few of my friends and I could really use your help. Do you see private patients? —D.C.

Though I'm currently on a temporary break from seeing patients (I'm spending some time with the 17-pound man in my life), there are truckloads of good therapists in the D.C. area, most of them less likely to have strained peas on their blouse. A local college's counseling center, a trusted physician, your insurance company, the site apahelpcenter.org and your state's psychological association (call 1-800-964-2000 to be connected) are all good possibilities for referrals. Good luck!

> Even the best endeavors can be unfulfilling if done for unfulfilling reasons.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.



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Goods | fit

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Brew U Can Use

WHAT'S STRONG ENOUGH to help is strong enough to hurt, as coffee lovers whose beloved brew gives them heartburn know. Folgers Simply Smooth (in decaf and regular, $4 for 11.5 oz.) is roasted and blended (rather than chemically treated) to reduce coffee's irritant properties, one of which is causing the tummy to produce more acid.

NEW IN HEALTH **warm ups**

Runaway Training

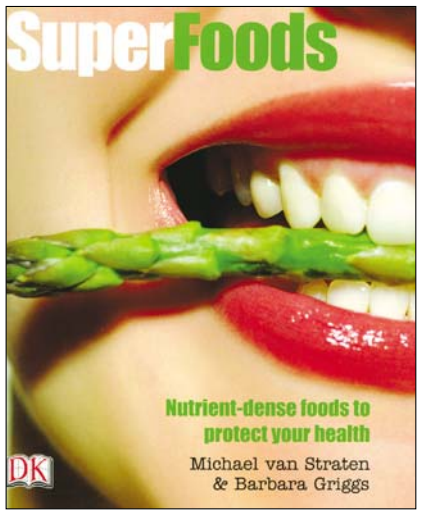
TO PACK OR NOT TO PACK? It's a question that weighs heavily on all fitness-loving travelers who aren't sure if their gear is worth precious suitcase real estate. So Puma is swooping in with its Trainaway collection. The men's and women's designs vary slightly, but both consist of a shirt, shorts, shoes and a jacket that squeeze into one compact package. The shoes even have a storage slot for your hotel key, so no excuses.

DVD Knows Best

REPEATING THE SAME EXACT 45-minute routine every day is going the way of the VCR. Fitness DVDs are embracing technology that lets them mix and match to change up workouts. In "Personal Training With Chris Freytag" ($15), choose a goal, like flattening your belly or losing weight, and the DVD generates a weekly schedule. Just select the day of the week, and perky Chris will tell you whether you're doing cardio or

It's a Beet, It's a Pear...

FOR THOSE WHO can't keep up with the constant barrage of info about which berry prevents cancer and which beverage causes it, "Superfoods" ($25, DK) is a comfortingly basic primer on stuff it's safe to say is great for you, in moderation, regardless. The first section consists of page-long paeans to each food, the second of recipes, and the third of conditions superfoods can help prevent or alleviate. Plus, there's much fun trivia. Which fruit is one of the least likely foods to cause an allergic reaction? Pears — which is why babies are always eating them. Speaking of ... there's a "Superfoods for Children," too ($20, DK).



PRODUCTS

GuineaPig

Spinning the Newest Bottle

YOU KNOW YOU HAVE TO SLURP water while exercising, but the tricky part is figuring out what vessel to use. The gold standard for years has been Nalgene's indestructible bottles — they shout, "I could go backpacking right now if I wanted." But Camelbak, the company that revolutionized the hydration pack, is busting out with its own take on the break-proof bottle ($12, sporting goods stores). The key to the design is the "Big Bite Valve," which also appears on Camelbak packs. When the valve is down flat, water is cut off. Flip it up, and you can suck on it for as much hydration as you can handle.

We weren't sure if we believed the leak-proof claims, but we tossed a full one in a bag with papers and took it on a long, jostling hike to see if the boast held water. It did. The one problem we found was that the valve is very eager to please, so once it's in position to give you water, it can get a little squirty.

As for looks, the Camelbak scored high. The sleek design slips easily onto a carabiner. The bottles also come in nine rainbow shades, which is totally key when you're trying to hydrate in style.

VICKY HALLETT (EXPRESS)

In Search of the Key to Roller Skates

Local derby darling helps you prepare to rock the rink

SURE, D.C. GOT BASEBALL last year, but our fair city scored another team in 2006: the DC Roller Girls. The group's in its formative stage (practicing but not competing), so you can still slip into the rink — but first, you need the right skates.

Hooah!Girl, the team's media representative, recommends buying two pairs, one for outdoors, one for indoors. On the rink, she wears Riedell black leather boots ("fits like a combat boot," she noted) that she's tricked out part by part. It's in the bearings, which attach the axel to the wheel, that ladies can get extra speed, but she's still training her way up to the super-fast ceramic kind.

Her outdoor skates are Riedell's R3, which she recommends as the basic junior speed skate. They don't take as long to break in, because they're pleather. They're very light, so get toe guards too.

As for fit, skates should be form-fitting, but not pinch; consider leaving space for gel inserts, which add extra cushioning. Unfortunately, you'll probably have to buy them online. We may have a derby team, but as a city, we are not prepared to outfit them. Hooah!Girl suggests lowpriceskates.com. V.H.

VITALSTATS

3

THE NUMBER OF YEARS THE URGE TO SMOKE REGULARLY CAN LIE DORMANT ONCE AN 11-YEAR-OLD CHILD TRIES A SINGLE CIGARETTE

fit | Phys Ed

THE EXPERTS

TrainReaction

Push Yourself

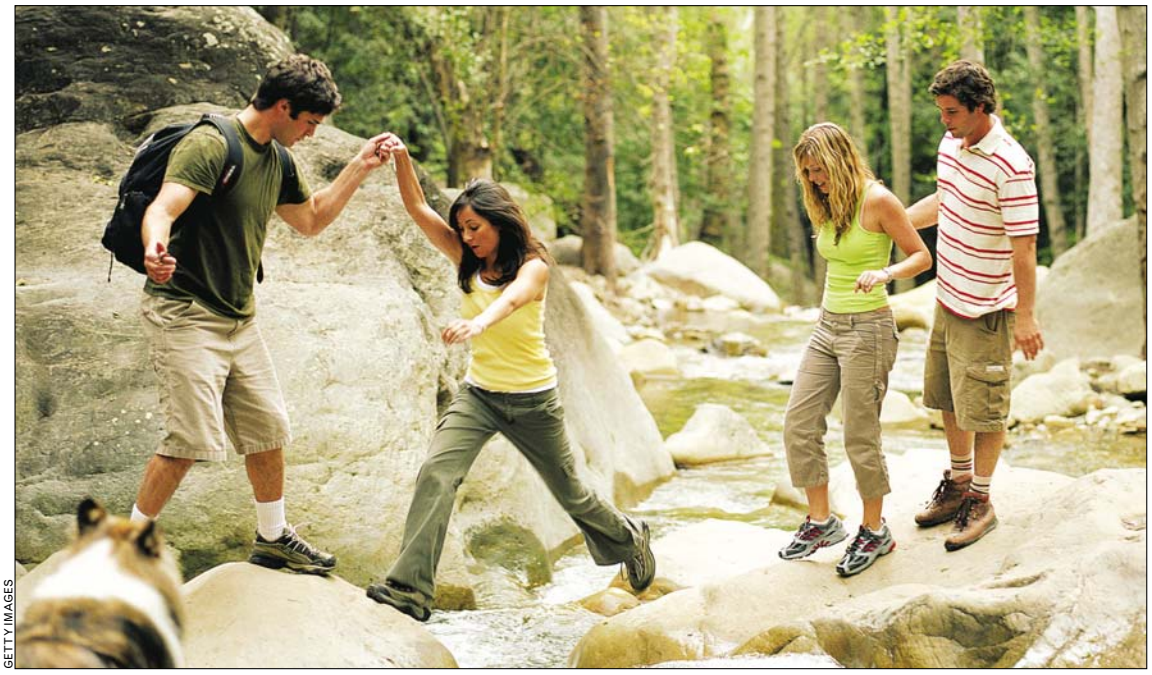
Q What is the number-one most effective exercise, and why?

The push-up. Some trainers may argue for the squat, but I would have to give that the silver medal. Push-ups improve both total upper body strength and core stability. They work your chest, triceps, shoulders, abdominals, spinal erectors, legs and glutes. You can perform it anywhere, with just about anything.

To increase the difficulty of a push-up, place your hands on a stability ball or medicine ball and elevate your feet. To make the exercise more unstable, rest your feet on a foam roller or wobble board. Hands may be spaced evenly or, for more arm involvement, staggered. Use one foot, instead of two, for even more core emphasis. Your mind is the only limitation to the number of variations.

Mastering a push-up will increase your athletic performance. It can even help you win a bench press contest. There is no other single exercise involving the human body that can match it.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.



GETTY IMAGES

Love Your Paths

Commune with nature for National Trail Day

Trails will let you walk — even run — all over them. They guide you through the wilderness, and can provide solace when big city life gets crazy. But what have you done for your trails lately?

This Saturday, June 3, is your chance to give back to your beloved dirt paths, wherever they may be. It's the 14th annual National Trails Day, created by the American Hiking Society and featuring more than 1,100 registered events nationwide, including a dozen in the D.C. area. (For a list and details about registration, see americanhiking.org.)

"It's not just a day to hike or bike," said Ivan Levin, AHS trail programs manager, who marvels at the breadth of activities people have conjured up to celebrate the holiday. "We love to see trail maintenance and construction, fixing trail beds and picking up trash." The work is critical, he explained, because there's no money to pay anyone for it. If you're keen to volunteer, he recommends the Rock Creek Park clean-up: "It's in your own back yard and it's in need of so much help."

For that event, volunteers will meet at the Nature Center at 8 a.m., hear a quick talk on safety and then split up into three teams: trail maintenance (preventing erosion), invasive species removal (pulling English ivy) and creek clean-up (collecting trash). "It's a fun day and you feel really good. You feel like this is your trail," said Rhonda Krafchin, an outreach specialist with REI, the sponsor of the event — which means lunch is free.

There are several other local happenings in need of volunteers There's another REI event at the Greenbelt Park. At the C&O Canal National Historic Park in Potomac, you can maintain the trails around Great Falls. Silver Spring is hoping to lure folks to fix up the Northwest Branch Trail. Lorton volunteers can neaten the Meadowood Trail.

For their part, Arlingtonians for a Clean Environment are capping off the day with a two-mile bird-watching hike near Roosevelt Island, followed by a happy hour at Continental.

And after you've done your part, feel free to savor the trails by using them for what they're meant for. After all, D.C. is one of the best metropolitan areas for accessing nature, from the urban paths to the hiker's mother lode — the Appalachian Trail. VICKY HALLETT (EXPRESS)

TRAIL MIX

■ REI has picked five local trails as part of its "Passport to Adventure" program. (Kids who complete each hike this summer score a water bottle.) But even if you're not a kid, the list is a prime selection of fun, but not too challenging, trails in the area.

HUNTLEY MEADOWS PARK: Wildlife-watching is what makes this wetlands preserve a draw. Stick to the .7-mile stretch from the visitor center to the observation tower, or explore the trails to go a few miles more. (fairfaxcounty.gov/parks/huntley)

BULL RUN: The Ridge Trail, Ridge Loop and Catlett's Branch offer majestic views of the Piedmont and Blue Ridge, as well as some scenic creeks. (brmconservancy.org)

GREENBELT PARK: Start at the College Park Metro stop — it's a 2.5-mile walk to the park. On weekdays, you can also take the F6 bus. Once you're there, explore the park's nine miles of trails, including the 5.3-mile perimeter loop. (nps.gov/gree)

SUGARLOAF MOUNTAIN: Three circuit hikes allow you to decide how far you want to push yourself, up to seven miles. And some of the trails allow horses and mountain biking, too. (sugarloafmd.com)

BILLY GOAT TRAIL CIRCUIT: There are three parts of this wildly popular walk along the Potomac River. The first is a 1.7-mile trek with tons of rock scrambling; the other two are more moderate excursions. (nps.gov/choh/recreation/index.html) V.H.

running for congress

■ Rep. Chris Van Hollen

"I TRY NOT TO EAT EVERYTHING IN SIGHT at receptions," jokes Rep. Chris Van Hollen about his methods of staying slim while juggling a packed politician schedule. But the Montgomery County Democrat's fitness success is probably more related to his active lifestyle. V.H.

"I run the Kensington 8K every year and that's in September. By having to do it, I try to run regularly. My goal is three times a week."

"I let the vote time run down from fifteen minutes to five so I have to dash over. It's pretty far away from my office."

"I'll run in the rain if it's not freezing, but we have a treadmill in the basement. And we have a weight set for lifting, but my boys use that more than I do."

"I love orange juice, but I have to limit it because of the sugar. When you drink eight glasses, it adds too much to the bottom line."

"I have my own made-up diet: Cut out butter and, unfortunately, cut out bacon."

VITALSTATS

5

DON'T EXCEED THIS NUMBER OF CUPS PER DAY TO REAP THE CARDIOVASCULAR AND DISEASE-FIGHTING BENEFITS OF COFFEE.

Leaf Me Alone, Pollen

Stop outdoor allergies at their likely source — your own yard

Even if you're among the tissue-clutching spring and summer allergy set, you can enjoy your yard. Replacing an exceptionally allergenic shrub or tree with a non-sneeze-provoking variety can work wonders. But try these simpler tactics first:

Adjust the lawn: Trim the lawn more often to keep it short — about 2 inches — and you'll lop off the tops of grass before they produce flowers and pollen. Fertilize to grow thick grass that chokes out highly allergenic weeds such as nettle, annual bluegrass and dandelion.

Pick the right time for yard work: Pollen levels are highest on warm, dry, windy days, so work after a long, soaking rain or when the pollen index for your area is low. But wait an hour or so after a dramatic storm. "Hard rain fractures pollen grains, exposing more of the proteins that prompt allergic reactions," said Dr. Richard Weber, a professor of medicine at National Jewish Medical and Research Center.

The pollen making you miserable is probably from your own yard.

Protect yourself: When possible, wear long sleeves and pants while gardening, cutting grass, etc. Don big sunglasses and keep some saline eyewash on hand. After any yardwork, change your clothes at the door, then shower.

Experiment with meds: Try an over-the-counter antihistamine. Still no relief? Ask an allergist about shots. "They work for 90 percent of people," Weber said. The downside: They can be costly and time-consuming (one or two per week for up to six months, followed by maintenance injections).

GETTY IMAGES

Stop pollen at the source: If nothing works, consider replacing egregiously allergenic plants with less or nonallergenic ones. The theory behind this strategy: The pollen that's making you miserable is probably coming from your very own flora. Sure, pollen can waft over from your neighbor's yard. But most doesn't fall or float far from the tree (or shrub or flower). In one Dutch study, levels of birch and oak pollen were consistently highest closest to the trees.

To determine whether to axe an offending plant, first see an allergist. He or she can test to find out if that elm or rose bush really is at the root of your misery. Ask the allergist about cross-reactions, too: If you're allergic to birch pollen, for example, you may also react to alder, beech, hazel and oak pollen.

See if the culprit is in your yard. If you can't identify a tree, shrub or flower, take a cutting to a local nursery or to your county's Cooperative Extension Service (find your local agent at csrees.usda.gov).

If you decide to remove a plant, choose a female replacement of a variety that doesn't trigger your sneezing; male plants are the ones that produce pollen. (Staff at your local nursery should be able to distinguish the sexes.) Opt for a variety that ranks low on the OPALS scale (allegra.com) — these plants are least likely to cause allergic reactions in others.

Got a stately male tree that's just too allergenic to keep? A skilled nurseryman or arborist should be able to graft branches from a female tree onto the existing tree. In one season, the tree will change from a highly allergenic male to a pollen-free female. Expect to pay $50 an hour; a typical tree can be grafted in an hour or two.

Plant wisely: Making adjustments to the layout of your garden may be unavoidable. To create a new, more nose-friendly environment, load up on low-allergy plants. If you've got pollen allergies, your best bets are begonia, crocus, daffodil, iris, poppy, tulip, camellia, clematis, hollyhock, impatiens, nasturtium, pansy, peony, fully double sunflowers and zinnia

In the tree and shrub world, try azalea; dogwood; fir; fruit trees such as peach, plum, pear, persimmon; female versions of ash, Chinese pistache tree, female juniper, yew, poplar, box elder, some maples, sour gum and willow. SARÍ N. HARRAR (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE. © RODALE INC.)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Can you stretch your skin several centimeters? Is your skin soft and velvety, and does it tear or bruise easily? Can your joints bend farther than other people's? You could have **EHLERS-DANLOS SYNDROME.** There are six types of EDS, a hereditary disorder caused when collagen, a protein that binds together body tissues, is faulty. The most common variant manifests chiefly in loose, overly flexible joints that are prone to dislocation. Patients with the classical type have more troubles with stretchy, fragile skin and may have scars over their joints. There's no cure, but folks with EDS need to avoid trauma, as it's tough for their skin to handle stitches.

SOURCE: EHLERS-DANLOS NATIONAL FOUNDATION, MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.

STUDIES

Stethoscope

Sleep Light, Get Heavy

A 16-year-long study suggests that women who sleep five hours or less per night are more likely to gain weight than those who snooze at least seven. Researchers at Case Western Reserve University found that middle-aged women who slept little had a 32 percent greater chance of gaining 33 or more pounds. Exercise and diet didn't seem to be the culprit, so sleep deprivation may cause the metabolism to slow down. Another hypothesis: Those who sleep less also fidget less, thus burning fewer calories throughout the day.

Super-Monkey Doc

Here's some false hope that lazy, video game-addicted Junior might become a doctor after all. Surgeons who played "Super Monkey Ball" (and similar games) for 20 minutes right before a surgical training exercise finished the exercise 11 seconds faster and made fewer errors than those who didn't play a game first. The 303 doctors in the study, conducted by Beth Israel Medical Center, were practicing laproscopic surgery, which requires a high level of dexterity.

How to Avoid Twins

Assign a brain cell to this byte of trivia: Vegan women are less likely (one fifth less, to be precise) to give birth to twins. A study in the Journal of Reproductive Medicine suggests that a chemical in milk is behind the difference. Cows are given growth hormone to up their milk and meat production; growth hormone produces stuff called insulin-like growth factor (IGF), which may help multiple embryos survive.

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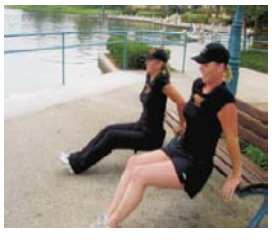

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fit | Nutrition

The Power of Blue

Fight the forces of aging with a bowl of berries

If you add one food to your diet this year, make it blueberries. The luscious fruit has recently emerged as the single most ferocious food for halting the forces of aging.

Radical Resistance

Every second of your life, your cells are bombarded by dangerous particles called free radicals. In a split second, they can alter your DNA in ways that cause cancer. Or change LDL cholesterol (the bad cholesterol) so it sticks to artery walls. Or damage collagen and make skin wrinkle-prone. Over time, changes such as these accelerate aging.

To fight back, the trick is to load your diet with antioxidants — the natural zappers of free radicals — by eating lots of fruits and vegetables. And that's where blueberries come in.

In tests at the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, blueberries beat out 39 other common fruits and vegetables in antioxidant power — even such heavyweights as kale, strawberries, spinach and broccoli. Much of that power comes literally "out of the blue" — from anthocyanins, the pigments that give blueberries their deep blue hue. Blueberries are bursting with them.

Blueberry Rx

So impressed is Dr. Ronald Prior, head of the USDA Phytochemical Laboratory and the scientist who discovered the secret power of blueberries, that he now recommends adding 1/2 cup of blueberries to your diet every day.

"With 1/2 cup of blueberries, you can just about double the amount of antioxidants most Americans get in one day. If you want to slow down the free radical aging process, blueberries are the leader of the pack," he said. "At our house, we always keep blueberries in the freezer."

Miracle Food for Your Brain?

The most intriguing news about blueberries is this: There's a possibility they can actually reverse the loss of short-term memory that happens as we age, said the USDA's Dr. James Joseph.

As rats age, they forget how to find their way through mazes they'd previously learned to navigate. But when Joseph and his colleagues supplemented the diets of some older rats with blueberry extract for two months, they actually improved their navigational skills in the same mazes.

Urinary Tract Relief

Just like their cousin the cranberry, blueberries contain compounds that can prevent urinary tract infections (UTIs), according to recent findings at the Rutgers Blueberry Cranberry Research Center. Called condensed tannins, they can keep the bacteria responsible for UTIs from attaching to the wall of your bladder, says Rutgers' Dr. Amy B. Howell. And yes, she eats blueberries. "In season, I eat a huge amount — maybe a pint a day."

Berry Good for the Eyes?

In Japan, blueberries are known as "the vision fruit" — reputed to help relieve eyestrain — and blueberry sales there have quadrupled in the last two years, says John Sauve, executive director of the Wild Blueberry Association of North America. That's due in part to research in Europe indicating that European blueberries (bilberries) can improve night vision and help eyes adjust to bright lights.

At Tufts, Prior plans to study the ability of blueberries to prevent macular degeneration, a disease of the retina and the leading cause of blindness in people over age 65.

Sweet, Quick, Versatile

Blueberries are really the no-work fruit — they require no pitting, peeling, coring or cutting. And they are outrageously healthy. Best of all, their taste is a treat. Go blue! (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE. © RODALE INC.)

HELLO DIET, MEET BLUEBERRY

Breakfast cereal boost: Sprinkle ½ cup (or more) of blueberries on your favorite cereal.

Red, white and blue salad: Blueberries add sparkle to any tossed salad, but this combo is especially good: On a bed of mixed greens, sprinkle low-fat feta cheese, strawberries and blueberries.

Blueberries and "cream": Top a bowl of blueberries with low-fat (1 percent) milk. Add sugar or honey, if desired.

Chicken salad with a surprise: Add blueberries to chicken salad dressed with low-fat lemon yogurt.

Fruit cup super-combos: Blueberries make any fruit salad prettier and more flavorful. Try avocado slices, cantaloupe cubes and blueberries with a honey vinaigrette dressing. Or watermelon cubes, kiwifruit slices, and blueberries.

THE EXPERTS

SkinDeep

Elastic Woman

Q I developed some stretch marks as a teen and some more during my pregnancy. Is there a way to get rid of them?

SURE. DITCH YOUR SKIN AND borrow Tyra Banks'. Stretch marks happen when skin tissue loses elasticity, which is typically caused by rapid weight loss or gain. George Washington University dermatologist Sunila Walia says treatment is color-coded. "If the marks are pink or red, we use a

pulse dye laser. It takes between two to four treatments, separated by six weeks." You'll see, on average, improvement of 80 percent, but "the earlier we can treat them, the better." If you and your stretch marks have been close pals since that sixth-grade growth spurt, a different laser is used. "Once they turn white, [we use] another laser system called a Fraxel. It's the same resurfacing laser used for photo-damaged skin or wrinkles," she said. It usually takes four treatments (one month apart).

Banishing stretch marks may stretch your finances. Expect to pay from $300 to $600 per session. And insurance won't touch it.

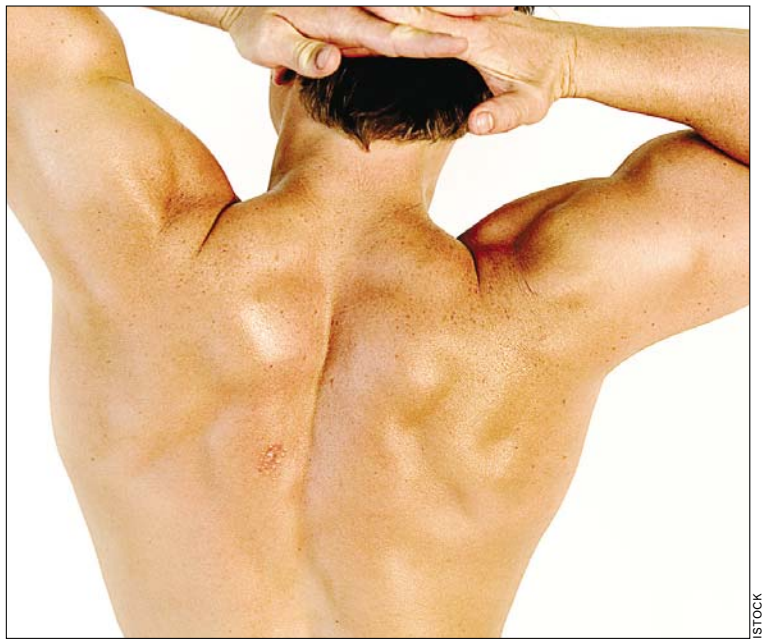
Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

Stand Up Straighter

We test three methods for improving movement and posture

Tired of your mother telling you to stand up straight? Disturbed by what sitting in front of a computer 50 hours a week is doing to your body? Celebrating Correct Posture Month (aka May)?

There's more out there than yoga that can improve how you move and hold your body. We tried three techniques you may never have heard of, all of which purport to help folks stand a little straighter.
STEPHANIE JONES



ISTOCK

Alexander Technique: Certified Alexander teacher Diana Bradley emphasizes the relationship between the head and the body in her lessons. Do you think your arms attach to your torso at the shoulders? (This writer did.) According to Bradley, they attach in the front, at the center of the breastbone. Thought can change movement, she said.

A typical class might welcome a dancer, a singer and a chronic-pain sufferer. Beginners may struggle to express themselves, while experienced students speak at length about how they feel about how they move. What's most striking is when Bradley adjusts a student's posture with her hands — the student looks happier, even lighter. She sends them walking across the room like a parent letting go of a child's bicycle.

A common problem Bradley sees is when the neck goes forward, causing the face to tilt up and the eyes to look down in unconscious compensation. When Bradley guides the head into better alignment, students find they're staring at the floor — and realize how "off" they were before.

Self-described kinesthetic junkie Bradley apprenticed with a teacher who learned the technique from the founder, a Tasmanian Shakespeare actor named Alexander.

> **After rolfing, this tester felt that her tight shoulders had dropped.**

→ *ati-net.com; Diana Bradley, Takoma Park; 301-270-2559, dmbradley2@aol.com, approximately $75 for private lesson (½-1 hour), $25 for group lesson (1½ - 2 hours).*

Rolfing: Be warned: Rolfing can hurt. It feels like a deep, somewhat painful massage, although it is not a massage.

A rolfer is manipulating the body's connective tissue, called fasciae, which surrounds muscles. According to certified practitioner Kat Burnett, the tissue "can become shortened, restricted, thicker or stuck in response to injury, stress, trauma or poor postural habits." A client who hunches in front of the computer, she said, may have shortened fasciae in the chest and tight, restricting neck and upper-shoulder muscles. In this case, she would attempt to lengthen the shortened tissue in front, then instruct the client on the proper way to sit. After rolfing, this tester felt that her tight shoulders had dropped and that breathing was easier.

Rolfing costs about the same as a massage, but with more physical results. A series of 10 sessions is recommended, separated by one to two weeks, and then tune-ups may follow. The technique was developed by Dr. Ida Rolf, PhD, and is taught at an institute in Boulder, Colo.

→ *rolf.org; Kat Burnett, 300 S. Washington St., Suite 300, Alexandria; 703-863-7653, kat_burnett@verizon.net, $110 for 1 hour to 75 minutes.*

Feldenkrais: It rhymes with rice. This is a "physically-based technique that can be utilized to improve anything that you do," whether that be running, jumping or even just breathing, said guild-certified practitioner Madeline Helbraun. It asks you "to listen to yourself in ways you never listen to yourself."

The method is taught in two ways. In Awareness through Movement, a client may be asked to repeat various unusual motions. After doing something five to 10 times, there should be improvement; this tester found it difficult to discern a difference, and Helbraun allowed that changes can be subtle. The exercise is really about engaging the nervous system through the muscles and bones, she said. In Functional Integration lessons, the client may lay on a massage table as the practitioner uses gentle movements. To this guinea pig, it felt like Helbraun was lengthening the back with her hands.

Helbraun, who is also a dancer and physical therapist, took workshops with engineer, physicist and martial arts expert Dr. Moshe Feldenkrais, who developed the technique.

→ *feldenkrais.com; Madeline Helbraun, Falls Church; 703-538-1002, mhelbraun@vacoxmail.com, $85 for 1 hour.*

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